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 News worth sharing.

Student-loan program gets makeover

► Student aid changes aimed at reducing post-secondary barriers, province says

 **HEATHER MCINTYRE**
@METRONEWS.CA
METRO CANADA IN EDMONTON

Post-secondary students should have an easier time applying for loans this year, thanks to changes announced Monday.

"This is a very important move so that students have access and a chance to get their post-secondary education in this province," said Greg Weadick, minister of advanced education and technology.

Changes to the student aid program, effective Aug. 1, include a flat-rate contribution of \$1,500 and elimination of savings, part-time earnings, RRSP or parental earnings as factors to determine loan eligibility.

Grants upon completion and retention grants for staying in Alberta to work will be offered,

By the numbers

- **Post-secondary education.** Of the 267,000 post-secondary students in Alberta, 53,000 are receiving financial assistance.
- **Available money.** There will be \$274 million available through loans this year, while the average undergrad tuition for Alberta students is \$5,662.

and there will be relief of interest during the six-month grace period after graduation.

Matt McMillan, vice-president, external, of the University of Calgary's Students' Union, said it's an important step to being financially independent from parents.

"They have definitely helped clear some hurdles, which is good, but they are doing little to help students get out of debt," he said.

● WITH FILES FROM JEREMY NOLAIS

Puppy. Love



► Four-year-old Balboa receives a treat from his current owner Paula Boyd. The happy youngster is one of many pets being offered up for adoption at a cheaper rate on Valentine's Day.

JEREMY NOLAIS/METRO

Adopt-a-thon could lead to love

Searching for a little love? It just so happens hundreds of pets seeking new homes will be offered up for adoption on Valentine's Day for a reduced rate of \$75. The adopt-a-thon is being conducted through a collaboration between city animal and bylaw services, the Alberta Animal Rescue Crew Society, the MEOW foundation and Pound Rescue. For more, visit calgary.ca.

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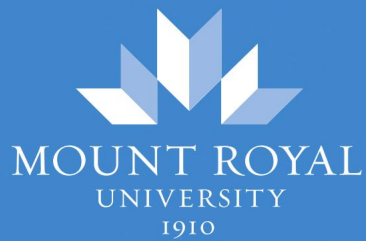
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Dad pleads guilty to rape, murder of stepdaughter

A Calgary man has pleaded guilty to strangling and raping his 17-year-old stepdaughter.

Bradley Wade Rietze, 47, reportedly discharged his lawyers on the first day of his first-degree murder trial Monday and entered the surprising plea.

His stepdaughter, Britney McInnes, was found dead Jan. 18, 2010, inside her southwest home. Reports from the crime scene indicated she had been strangled by a housecoat.

Rietze faces life in prison with no chance of parole for 25 years. ● METRO

Stolen cars found prior to house fire

Two stolen cars were found on a Calgary property just days before it was found ablaze late Sunday, but police do not suspect foul play.

Crews arrived at the acreage on the city outskirts east of 92nd Street on 17th Avenue Southeast around 7 p.m. to find a fully involved house fire. It was revealed by police Monday that they had searched the property after an individual was allegedly found driving on to the property in a stolen vehicle.

A second stolen vehicle was also found, according to staff Sgt. Geoff Gawlinski.

● METRO



► Fred Horne, Alberta's health and wellness minister, speaks to media and pharmacy students from the U of A about changes to how prescriptions will be filled starting July 1.

Pharmacists to get cash injection, expanded roles

- Province to allow druggists to renew prescriptions on site July 1
- Rural locations compensated by the Remote Pharmacy Access Grants



SHELLEY WILLIAMSON
@METRONEWS.CA
METRO CANADA IN EDMONTON

Alberta's health minister revealed changes that will see pharmacists renew prescriptions for a \$20 reimbursement, but not all druggists are banking on its success.

Touting it as a way to free up doctors and open up 1,000 spots for Albertans to access prescribed

drugs, Fred Horne announced the changes slated for July 1 before a crowd of pharmacy students and media.

"This is something that's been in the works for the last three years," said Horne on Monday.

He said that pharmacists mostly welcome the opportunity "to be recognized for doing more than just dispensing medication."

But fourth-year phar-

macy student Rick Li worries the reimbursement fee may cause some to ignore due diligence.

"The \$20 is a start, but there are going to be pharmacists that will just renew (prescriptions)," Li said.

Li said recent cuts to jobs and hours have left drug stores short on staff and time.

"I think there are potential errors that can happen," he said.

Drug access opened

- In 2007, Alberta pharmacists were legally allowed to renew, modify and prescribe some drugs.
- Rural pharmacies will net a \$15.9 million boost over three years, dispersed to qualifiers in monthly payments.
- Reductions to the generic drug price are projected to save Albertans \$85 million.

1

news


A study has revealed that the supply of donated organs has remained relatively flat since 2006. Scan code for the story.

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On the web at
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The U.S. markets have been sizzling in the early days of 2012, so why are retail investors still gloomy? Allan Small explains at metronews.ca/investing

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News in brief



Wildrose pledges funding for cities

If elected, Alberta's Wildrose Party Leader Danielle Smith, above, has pledged to direct 10 per cent of all provincial tax revenue to municipalities.

A number of Alberta's mayors, including Calgary's Naheed Nenshi, have lamented the current system because it requires municipalities to pitch the province on funding for larger projects. ● METRO

Hikers rescued after accident

Three hikers were left stranded in Kananaskis Country over the weekend after injuries suffered in falls, according to a release. The trio were forced to stay overnight Saturday on a mountain

near All Stones Creek, a little over 300 kilometres northwest of Calgary.

Members of Rocky Mountain Search and Rescue retrieved them by helicopter Sunday. ● METRO

Accused's mental state in question

Lawyers for a man charged with stabbing an RCMP officer nearly two years ago say he was not in a proper mental state at the time. Lee Christopher Monrose admitted Monday he attacked Sgt. Andy Johnson. ● METRO

► City officials say they plan to use social media and other marketing techniques to attract new talent to city hall, as thousands of current employees are eligible to retire in the coming years.



City bracing for retirements

► More than 35 per cent of the city's workforce over the age of 50 and eligible to retire soon



KATIE TURNER
@METRONWS.CA

14K

The city employees more than 14,000 people in Calgary.

With over one-third of the City of Calgary's workforce eligible to retire in the next five years, officials say they've been planning ahead.

The city has been conscious of the aging workforce and has been planning for a high volume of retirements for a number of years, says Mark Lavallee, manager of corporate talent acquisition.

There are programs in place to develop talent and promote from within, but Lavallee said there could be a noticeable impact with many senior staff leaving.

Hiring-solutions manager Chris Massie said the economic recession kept many people in the work-

force longer but now many organizations are facing mass retirements.

"From the perspective of those seeking employment, it's an exceptional time because there's going to be a lot of opportunity created," said Massie.

Ald. Gian-Carlo Carra said he, too, sees the retirements at the city as a chance to shift the thinking at city hall. "Turning over fully a third our staff gives us a huge opportunity to make significant changes."

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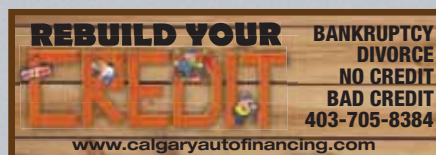
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U.S. and Canada at odds over War of 1812

- ▶ War less crucial to Americans than to Canadians: Poll
- ▶ Canada to spend \$28M on bicentennial this year

The War of 1812 may be one of the world's oddest conflicts, if only because both sides are confident they won.

A new survey suggests Canadians and Americans have vastly divergent attitudes toward the border war that broke out in 1812 and bumbled along for three years.

Americans see it as a war that produced their national anthem. Canadians see it as a war that saved them from assimilation.

During the war, the Americans repeatedly tried to invade and were repeatedly repulsed by often-outnumbered mixes of British redcoats, Canadian militia and aboriginal allies.

The Ipsos Reid poll conducted for the Historical Dominion Institute for the bicentennial of the war

found that 54 per cent of Canadians felt the most significant outcome was that the invaders were turned back.

Americans had a dramatically different take. For a third of them, the outcome was the Star Spangled Banner. Its words were written by Francis Scott Key after watching a British naval bombardment of Baltimore's Fort McHenry in September 1814. A plurality of 36 per cent saw no significant outcome at all.

John Wright of Ipsos Reid said the war doesn't stand out for Americans because they see other, much bigger watersheds. "The War of Independence is their touchstone for their nationhood," he said. "This is a touchstone towards Confederation, it's an important part of the story of

What we think

- ▶ When defining the Canadian identity, 53 per cent of poll respondents picked universal health care, while 25 per cent picked winning the War of 1812.
- ▶ If Canada had not won the war, 60 per cent of said they wouldn't want to share the American political system, 18 per cent said they didn't want American gun laws and six per cent said they didn't want to share citizenship with Snooki from Jersey Shore.
- ▶ More than 80 per cent on both sides of the border agreed that the war was a significant part of the history and about the same agreed it should be commemorated.

Canada." THE CANADIAN PRESS



▶ British soldiers fire their muskets at the American forces during a restaging of a War of 1812 skirmish between American and British forces near an actual battle site west of London, Ont., on May 5, 2007. A new survey suggests Canadians and Americans have vastly divergent attitudes toward the border war that broke out in 1812.

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► Navi Pillay, UN high commissioner for human rights, speaks about Tunisia and Egypt at the UN headquarters in Geneva on Feb. 4.

Crimes against humanity on rise in Syria: UN chief

The UN human rights chief says the scale of abuses by the Syrian government indicates that crimes against humanity have taken place since last March and are continuing.

Navi Pillay told the General Assembly on Monday that credible reports indicate that more than 5,400 people were killed last year, and that the number of dead and injured continues to rise every day.

She expressed serious

concern that the deliberate stirring of sectarian tensions may plunge Syria into civil war.

Pillay accused the Syrian government of using the Security Council's recent failure to condemn its crackdown on protesters "to crush dissent with overwhelming force."

She echoed Secretary-General Ban Ki-moon's warning that council inaction must not be used as a licence to kill.

THE ASSOCIATED PRESS

Rebels hold strong in Syria

- Arab League urges severing of all diplomatic contact
- Syria isolated globally but for one key ally — Russia

Syrian rebels repelled a push Monday by government tanks into a central town held by forces fighting President Bashar Assad's regime in an 11-month conflict that looks increasingly like a civil war.

The military pressed its offensive on Rastan a day after the regime rejected Arab League calls for the UN to create a peacekeeping force in Syria and for an end to the violent crackdown on dissent. Damascus called the League initiative "a flagrant interference in (Syria's) internal affairs and an infringement upon national sovereignty."

With diplomatic efforts bogged down, the conflict is resembling a civil war, with army defectors clashing almost daily with soldiers. The rebels have taken



► Clerics gesture and chant religious slogans during a demonstration against the Syrian regime in Sidon, Lebanon, on Sunday.

control of small swathes of territory in central Homs province, where Rastan is located, and the northwestern province of Idlib, which borders Turkey.

The Britain-based activist group Syrian Observatory for Human Rights said at

least three government soldiers were killed in the attempt to storm Rastan, which has been held by the rebels since late January.

Rastan, home to some 50,000 people, was one of the first areas in Syria where people took up arms

The UN says ...

- More than 5,400 people were killed last year alone.
- Tens of thousands, including children, have been arrested, more than 18,000 are arbitrarily detained and thousands are missing.
- 25,000 people are estimated to have sought refuge in neighbouring countries, and more than 70,000 are internally displaced.
- Widespread destruction of homes, hospitals and schools indicates approval of, or complicity with, the highest authorities.

to fight the regime.

The uprising began last March as mostly peaceful protests against Assad's authoritarian rule, but has become more militarized in the face of the brutal military crackdown.

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► A car belonging to the Israeli Embassy goes up in flames after an explosion in New Delhi on Monday.



Israel blames Iran for bomb attacks

► Israeli diplomats targeted in India, Georgia as nuclear tensions rise ► 4 people wounded in New Delhi blast

Israel blamed Iran on Monday for bomb attacks on its diplomats' cars in India and Georgia, heightening concerns that the Jewish state was moving closer to striking its archenemy.

Iran denied responsibility for the attacks that appeared to mirror the recent killings of Iranian nuclear scientists that Tehran blamed on Israel.

The blast in New Delhi set a car ablaze and injured four people, including an Israeli Embassy driver and a diplomat's wife; the device in Georgia was discovered and safely defused.

"Iran is behind these attacks and it is the largest terror exporter in the world," Israeli Prime Minister Benjamin Netanyahu told lawmakers from his Likud Party.

The violence added further tension to one of the globe's most contentious standoffs. Iran has been accused of developing a nuclear-weapons program that Israel says threatens the existence of the Jewish state. Tehran says its nuclear program is for peaceful purposes only.

Comments by Israeli officials in recent weeks have raised fears Israel

might be preparing to strike Iranian nuclear facilities. While Israel says it hopes that international sanctions can curb Iran's nuclear program, leaders pointedly note that "all options are on the table," and have warned that as Iran moves closer to weapons capability, time is running out for action.

Fearing an Israeli attack could set off a conflict across the region and send oil prices skyrocketing, U.S. and other Western countries have been pressing Israel to give sanctions more time.

THE ASSOCIATED PRESS

16-YEAR PRISON TERMS

2 sentenced in Italian asbestos trial

An Italian court on Monday convicted two men of negligence in some 2,000 asbestos-related deaths blamed on contamination from a construction company, sentencing each of them to 16 years in prison and ordering them to pay millions in what officials called a historic case.

Prosecutors said Jean-Louise de Cartier of Bel-



► Relatives of the victims react following the verdict of the trial in asbestos-linked deaths in Turin, Italy, on Monday.

gium and Stephan Schmidheiny of Switzerland, both key shareholders in the Swiss construction firm Eternit, failed to stop asbestos fibres left over from production of roof coverings and pipes at its northern

Italian factories from spreading across the region.

During the trial, which has stretched on since December 2009, some 2,100 deaths or illnesses were blamed on the asbestos fibres. THE ASSOCIATED PRESS



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Snowbound in eastern Europe

► Military flying in food to villagers trapped by snow, cold temperatures ► Hundreds die from bitter cold

Military planes and police helicopters flew in tonnes of emergency food to snowbound villages and ships in the Balkans on Monday, after blizzards so fierce that some people had to cut tunnels through four metres of snow to get out of their homes.

Since the end of January, Eastern Europe has been pummeled by a record-breaking cold snap and the heaviest snowfall in recent memory. Hundreds of people, many of them homeless, have died in the bitter cold and tens of thousands have been trapped by blocked roads inside homes with little heat.

Authorities declared a state of emergency Monday in eastern Romania, where 6,000 people have been cut off for days. About a dozen major roads were closed, 300 trains cancelled and more than 1,000 schools shut down.

In addition to the flights, the defence ministry also sent 8,000 soldiers out clearing roads across Romania and helping those trapped by the overwhelming snow.

Emergency officials in Serbia used helicopters to deliver food and evacuate sailors stuck on icebound boats on the Danube river near the town of Smederevo. They also resupplied a



► A Serbian police helicopter delivers food to sailors stuck on stranded boats on the Danube River near Smederevo, Serbia, on Monday. Heavy snow continues to fall as some 50,000 people remain stranded in snowbound remote areas, some without electricity.

Danube island near Pancevo, north of the capital of Belgrade.

Scores of flights across the region were cancelled.

The airport in the southern Romanian city of Craiova was closed after a plane carrying 48 people skidded during takeoff Monday and landed in a pile of snow, breaking its

propellers.

President Traian Basescu tried to assure Romanians the country has enough energy supplies to prevent shortages but said the government was deciding whether to stop exporting energy, which national energy company Transelectrica wants to do.

THE ASSOCIATED PRESS



► Elisabeta Dumitrache, 77, pauses while speaking to a television journalist as firefighters dig her house out of the snow in the village of Carligul Mic, Romania.



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Bailout still faces obstacles

► Any hitch in getting Greek proposal through parliaments in eurozone could push Greece perilously close to missing major bond redemption on March 20

Greece faces further hurdles and delays before it can receive a second, \$171-billion US bailout in spite of its lawmakers voting through more austerity measures in the face of violent protests.

The European Union's Economic Affairs Commissioner Olli Rehn on Monday called the Greek parlia-

ment's approval of a further round of budget cuts a "crucial step forward," but Germany insisted it would still take some time before the second bailout is delivered.

Germany, which as Europe's biggest economy pays the largest part in bailout deals, said it wouldn't give

its final approval for the new aid payments until early March — after it becomes clear how many banks and investment funds are willing to take losses on their Greek bonds and the parliament in Berlin votes on the new measures.

Pushing the new bailout back for several weeks underlines the amount of distrust that has built up against Greece over the past two years, when many promised cuts and reforms were passed in its Parliament but never actually implemented.

"Germany is trying to get

the best deal it can by putting pressure on Greece now," said Ben May, European economist at Capital Economics in London. The idea is to "give Greece a bit more of an incentive over the next few weeks to speed things up and get things moving."

Delaying the final approval of the bailout is not without risk. Uncertainty over the new rescue money could dissuade some of Greece's private investors from participating in a separate bond-swap deal, May warned.

THE ASSOCIATED PRESS



► An employee of the Greek Stock Exchange walks past charts displaying stock prices in Athens on Monday.

THANASSIS STAVRAKIS/THE ASSOCIATED PRESS

Ottawa decries new U.S. banking reforms

Canada has stepped up its fight against new bank restrictions proposed by the United States which Ottawa says would adversely affect saving and borrowing costs north of the border.

In separate letters to Washington policy-makers, Finance Minister Jim Flaherty and Bank of Canada governor Mark Carney complain that sweeping reforms under the so-called "Volcker rule" would reach well beyond their intended scope.

And, in some cases, because of the differences between the two countries, the impact could be greater in Canada, making savings through mutual funds and borrowing more expensive.

"The rule, as currently drafted, would have an unprecedented extraterritorial reach and significant cross-border effects ... given the close inter-linkages between the Canadian and U.S. financial systems," Flaherty wrote Monday.

THE CANADIAN PRESS

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Apple stock rises above \$500

Apple's stock broke above \$500 for the first time Monday. It was the latest step in a rally that began more

than two weeks ago, when the company reported staggering sales and profits for the holiday quarter.

On Jan. 24, Apple posted net income of \$13.06 billion, more than doubling its profits from the year before. THE ASSOCIATED PRESS



► An Athens storeowner surveys damage to her shop.

DIMITRI MESSINIS/THE ASSOCIATED PRESS

GREECE CLEANS UP AFTER RIOTS ENGULF ATHENS




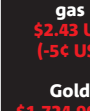
Firefighters doused smouldering buildings and cleanup crews swept rubble from the streets of central Athens on Monday following a night of rioting during which lawmakers approved harsh new austerity measures demanded by bailout creditors to save the nation from

bankruptcy.

Police said rioters destroyed or damaged more than 110 buildings, of which 50 were burned. They included nine listed as national heritage buildings, mostly in the neoclassical style. Thirty stores were also looted.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas
			
+ 9.27 (12,398.69)	+ 0.35¢ (100.07¢ US)	+ \$2.24 US (\$100.91 US)	\$2.43 US (-5¢ US)
			Gold \$1,724.90 US (-40¢ US)

PICTURES AS OF 5 P.M. MONDAY

Housing market due for stability: Report

Canada's hot housing market is due for a soft landing that stabilizes prices, sales and new construction over the next two years, the Canada Mortgage and Housing Corp. said Monday.

"With the Canadian economy set to expand at a moderate pace and

mortgage rates expected to remain low, activity levels in 2012 in both new home construction and sales of existing homes will stay close to levels seen in 2011," CMHC deputy economist Mathieu Laberge said in a statement.

THE CANADIAN PRESS

Obama unveils election-year budget

Taking a pass on reining in government growth, U.S. President Barack Obama unveiled a record \$3.8 trillion election-year budget plan Monday, calling for stimulus-style spending on roads and schools and tax hikes on the wealthy to help pay the costs.

Though the Pentagon and a number of cabinet agencies would get squeezed, Obama would leave the spiralling growth

of health-care programs for the elderly and the poor largely unchecked.

The plan claims \$4 trillion in deficit savings over the coming decade, but most of it would be through tax increases Republicans oppose, lower war costs already in motion and budget cuts enacted last year in a debt pact with GOP lawmakers.

Many of the ideas in the White House plan for the



► President Obama speaks in Annandale, Va., on Monday.

SUSAN WALSH/THE ASSOCIATED PRESS

2013 budget year will be thrashed out during this year's election campaigns as the Republicans try to oust Obama from the White House.

"It seems like the president has decided again to campaign instead of govern and that he's just going to duck this country's fiscal problems," said Republican Paul Ryan, chair of the House budget committee.

THE ASSOCIATED PRESS

Budget blueprint

Obama's budget blueprint reprises a long roster of prior proposals.

- Raise taxes on couples making more than \$250,000 a year.
- Eliminate numerous tax breaks for oil and gas companies.
- Approve a series of smaller tax and fee proposals.
- Cut the Pentagon's purchases of navy ships.
- Scrap two NASA missions to Mars.

BRINGING SEXY BACK FOR VALENTINE'S DAY

SHE SAYS ...

JESSICA NAPIER
METRO



Valentine's Day, in all its saccharin-sweet glory, is the perfect litmus test for determining the current status of your relationship.

Couples embarking on their first Valentine's night together will pull out all the stops. There will be candle-lit dinners, elaborate gifts and racy lingerie with more tassels and wiring than a Cirque du soleil costume.

For long-term partners, this candy-heart holiday might as well just be any other Tuesday. If things get super-romantic, you'll share an extra-large pizza and peel off your flannel PJs at the end of the night for some obligatory Valentine's Day sex.

As much as we might hate to admit it, somewhere along the way the honeymoon phase ends and the comfortable stage begins. So how does a passionate duo turn into Team Sweatpants, and what can stuck-in-a-rut couples do to put the spark back in the relationship?

"Suddenly that sexy stranger from across the room is the guy who doesn't cut his toenails and leaves his wet towels on the floor."

I posed the question to relationship expert and registered sex therapist Dr. Teesha Morgan because, frankly, we could all benefit from some sexpert advice at this time of year.

"In the beginning, relationships are often ignited and kept alive by lust," says Morgan.

When we start dating someone new, we have a tendency to project onto our partners all the good qualities that we want him or her to have, rather than what exists in actuality. Once the novelty wears off, we come to realize that our perfect partner is actually human. Suddenly that sexy stranger from across the room is the guy who doesn't cut his toenails and leaves his wet towels on the floor. Attraction turns to frustration and the fire begins to burn out.

As Hallmark-y as it might be, Valentine's Day is a good opportunity to look at your own relationship and evaluate whether or not you could use a little more excitement.

If you want to reignite that initial spark, you've got to make your significant other a priority. Ensure your partner feels desired by showing an interest in trying new things together on the intimacy front. "Variety truly is the spice of life," says Morgan. "Willingness to step outside the box and become a little more adventurous is an important factor to the longevity of a satisfying sex life."

So instead of reaching for the remote tonight, try reaching for, well, something else.

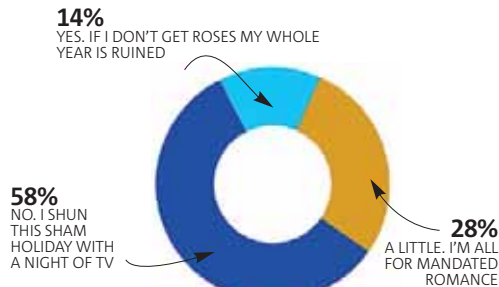
There are plenty of options out there, but it's up to you to make an effort to bring sexy back this Valentine's Day, whether it's your first, fifth or 50th year together between the sheets.

Read more of Jessica Napier's columns at metronews.ca/shesays



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and take the quick poll

Do you stress over getting a Valentine's Day date?



Local tweets



@redheaded101:
Why do #yyc CTrains

constantly break down during rush hour or when weather is yucky. This sucks big time!

@BrendanMc22: Let it snow, let it snow, let it snow! Careful all you #YYC drivers! #Calgary

@Jonesie2: I'm happy to see snow in #YYC! Cold winter means hot summer! #fb

@purplewitchyyc: Ok now it's snowing after pretending on and off all day #yyc and i have #kindergarten

#valentine cards to do for tomorrow

@sinizuh: Feel sorry for all the people who left the southbound train, cause we started moving again. #yyc

@starrtanis: I think the best thing about going to the gym tomorrow is I'll be able to tell who the single guys are finally #score #yyc #talisman

@RichieeeeRoo: Get on the train early to catch my bus, train delay. Love #yyc transit.

@hockey19gal: Ground hogs don't lie...just look out the window in #yyc

Daily Zoom



Artist covers her room with yarn

LONDON. This woolly room will have you bouncing off the walls! At Tony's Gallery off Brick Lane, London, an artist has crocheted a life-sized replica of her bedroom, complete with explicit messages from her personal life. Polish-born artist Agata Oleksiak, a.k.a. Olek, found fame after veiling New York monuments in yarn. **MWN**

60 seconds



KNITTING & VODKA

How long did this take you?

Seven months in total. I don't know the amount of wool I used. The floor cover and walls were reused from past exhibits.

Why do you crochet?

It's not some ol' granny pastime but a method to show the connections between art and my life.

You must have a lot of patience to knit all that.

I spent two months living in this room knitting. I watched Jim Jarmusch and Wim Wenders movies and drank nut-flavoured vodka to pass the time! **And your dream artwork?** To crochet the entire White House. That would be amazing. Obviously I would need the entire nation to help me crochet.

● ANTHONY JOHNSTON

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Interview with the writer

► Anne Rice built a career writing about vampires way before Edward and Bella ever set eyes on each other ► In her latest work, she moves into werewolf territory

MEREDITH ENGEL
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

The Wolf Gift, the newest novel from Anne Rice, the queen of supernatural stories (remember Interview with a Vampire?), hits shelves today. We spoke with the author about her influences, characters and her thoughts on the future of book publishing.

You were raised in a very strict Catholic upbringing. What influence did that have on you and your writing?

I think it influenced everything. I grew up in the '40s and '50s in New Orleans, which is a Catholic city. I was in a Catholic parish, going to a Catholic school, in a world where everybody went to a Catholic school, and we had beautiful churches all over New Orleans, and all of that ended up influencing my work tremendously. I had lots of church, of course, before I wrote Interview with the Vampire, but Interview with the Vampire was a lot of that, grieving for that, grieving for that lost sense of being involved in a meaningful community. It's

kind of natural, I think, for someone who grew up like that to write about European-American characters, like Louis was a French plantation owner living in Louisiana.

Did your background influence The Wolf Gift?

I think it's a synthesis of where I've just been and what I've gone back to. For 12 years, I attempted to be a Christian again — I went back to the church and for 12 years I really lived it, breathed it, wrote two books about Jesus that provided me with one of the greatest experiences in my career. And I've left that, I've publically left religion, and I'm back again with the classic monsters of horror, but I think the work is really synthesizing. It's really pulling together a lot of what I've learned during those Christian years and it feels to me different from the older vampire novels. First of all, it's very contemporary: Reuben is young and living in San Francisco right now and I had confidence to present him in this contemporary world that I kind of lacked years ago.



► Anne Rice

I heard you got the idea for this book from the producer of the TV show White Collar.

That is true. I emailed Jeff Eastin because I'm a big fan of the show. I just think it's one of the most fresh and clever shows on TV. We have an email friendship going and he said something about it in an email. He said that he'd watched a documentary on werewolves and something about if I ever wanted to do a werewolf novel, he would buy buckets of it, and it was just a casual thing and I got

to thinking, Wow. Most of the time when people mention werewolves, I would always say: "No, I'm not going to do that. My sister's done that and I don't want to crowd her." Then I got to thinking, "Well, Alice has been gone since 2007, I miss her terribly, but maybe it's OK now, five years later, to write about werewolves. Maybe it's alright; I wouldn't encroach on anything she's done."

And I read that you based the main character of this book

on the star of White Collar, Matt Bomer. Have you ever met him?
Nope.

Does he know he's inspired a character in your book?

I don't know. I should send him a copy! Jeff knows; he's read The Wolf Gift. I just acknowledge Matt as the physical model. You know, Matt's voice, Matt's eyes.

He is a beautiful man.

Well, yeah, he is. You know, I didn't even plan it. I just kept seeing and hearing Reuben as Matt Bomer. If they were to make a movie and Matt Bomer were to step into that role, I would be absolutely thrilled.

► Matt Bomer



2

scene

Scene in brief



Adele's songs about breakups and heartache have made her a multi-Grammy award winner, but she insists she's done with all that. In an interview featured in the March issue of Vogue magazine, the 23-year-old says people think she's "miserable" because of her songs. In fact, the singer vows to "never" write a breakup record again and adds she's "done being a bitter witch."

THE ASSOCIATED PRESS



Angelina Jolie says she hopes directorial debut on Bosnian war will provoke discussion on rape



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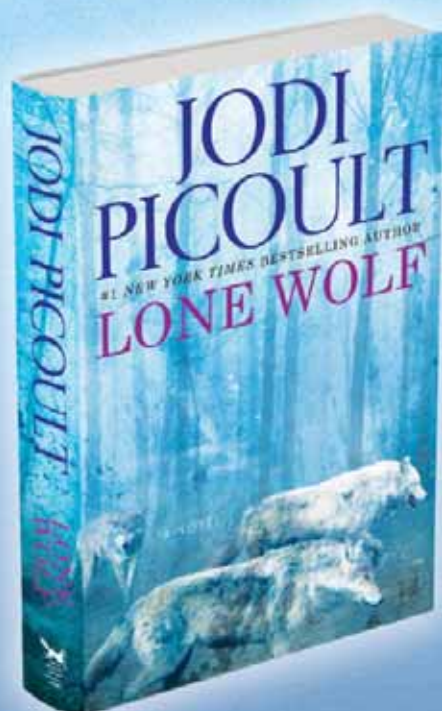
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DVD reviews



The Twilight Saga: Breaking Dawn — Part 1

Genre: Drama

Director: Bill Condon

Stars: Kristen Stewart,
Robert Pattinson,
Taylor Lautner

ⓈⓈ

There are more bubbles than blood as Bella Swan finally gets her (dead) man in part one of *Breaking Dawn*, the conclusion of the *Twilight* teen vampire franchise.

Melodrama reigns in this supernatural soap opera, even though Stephanie Meyer's tale takes a sharp turn toward the violently weird.

After three films in which Bella Swan (Kristen Stewart) and her vampire beau Edward Cullen (Robert Pattinson) exchanged smouldering looks, they finally get on the good foot to do the bad thing, which not only literally wrecks the marital bed, but results in a monstrous pregnancy that could kill the human (for now) Bella.

Director Bill Condon (a *Twilight* newbie) and returning screenwriter Melissa Rosenberg don't stray much from Meyer's source text or tamper with a profitable romance that is now more cash cow than *Cupid*. There's not much they can do about a story that has grown steadily more risible.

With talk of unplanned pregnancy, abortion and marital discord entering the picture, *Twilight* is now really an "R" picture under a "PG" label, and it's an uncomfortable fit.

I have just one question for *Twihards* before next year's Part 2: Does Dracula offer daycare services?

Extras include a director's commentary and



making-of featurettes.

● PETER HOWELL

The Rum Diary

Genre: Comedy

Director: Bruce Robinson

Stars: Johnny Depp, Giovanna Ribisi, Aaron Eckhart

ⓈⓈ Johnny Depp's the sole reason to toast *The Rum Diary*, a movie based on a semi-autobiographical Hunter S. Thompson novel that even Thompson had forgotten about. Depp discovered it around 1998, when he first portrayed the man (and legend) in *Fear and Loathing in Las Vegas*.

Written and directed by the mercurial Bruce Robinson, the film is set in 1960 in San Juan, Puerto Rico. Paul Kemp (Depp) is looking for employment at the San Juan Star. He gets the gig, along

with a warning to lay off the booze and avoid antagonizing advertisers. The rookie reporter, not yet the jaded journalist, soon finds himself embroiled in controversy.

There's not much plot in this patchy script. Depp does very well, but as talented and watchable as he is, even he can't completely save the swizzling stickiness of *The Rum Diary*.

Extras include making-of featurettes.

● PETER HOWELL

Take Shelter

Genre: Drama

Director: Jeff Nichols

Stars: Michael Shannon, Jessica Chastain, Shea Whigham

ⓈⓈ½

Something very bad is coming ... or is it? Michael Shannon expertly tightropes prophet and madman in this *Twilight* Zone-ish chiller, the impressive sophomore feature by Shotgun Stories' Jeff Nichols.

The equally talented Jessica Chastain co-stars as the wife torn by thoughts that her husband is either completely insane or horrifically prescient.

Extras include a commentary by Shannon and Nichols plus a making-of featurette.

● PETER HOWELL

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Katy's new song is full of rage

Katy Perry debuted a new, venom-filled breakup song, Part of Me, at the Grammys this weekend, and viewers couldn't help assuming the song's biting lyrics were directed at soon-to-be ex-husband Russell Brand.

"You chewed me up and spit me out, like I was poison in your mouth. You took my light, you drained me down, you ripped me off, your love was cheap," Perry sang.

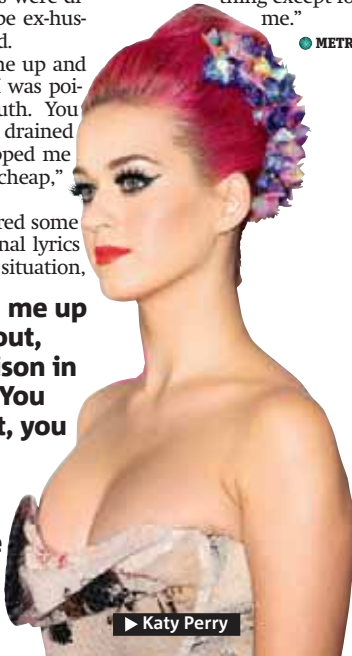
Perry even altered some of the songs original lyrics to fit her current situation,

"You chewed me up and spit me out, like I was poison in your mouth. You took my light, you drained me down, you ripped me off, your love was cheap."

LYRICS FROM KATY PERRY'S PART OF ME

changing, "You can keep the dog from me, I never liked him anyway" to, "Keep your diamond ring. In fact, you can keep everything except for me."

● METRO



► Katy Perry

Jackson takes it to Obama

Samuel L. Jackson's decision to support Barack Obama in 2008 was due to the president's race, the actor tells Ebony magazine.

"I voted for Barack because he was black. Because that's why other folks vote for other people — because they look like them," Jackson says. "That's American politics, pure and simple. [Obama's] message didn't mean s— to me. In the end, he's a politician. I just hoped he would do some of what he said he was gonna do."

● METRO



► Samuel L. Jackson

Adele has a new man

Not only were the Grammy Awards a big night trophy-wise for Adele, but it was also a chance for the British singer to make her first official appearance with boyfriend Simon Konecki, according to Us Weekly. Konecki was by Adele's side in the front row of the Staples Center as she won in all six categories in which she was nominated.

● METRO



► Adele

More on Whitney Houston's death

► New info continues to be revealed about what caused the singer's untimely death at the age of 48

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Though authorities are not confirming anything other than she was found in the bathtub, some

websites are reporting that Whitney Houston died from an overdose of Xanax and liquor. And according to TMZ.com, coroner's officials informed the family that there was not enough water in Whitney's lungs for a drowning, as was initially assumed. Officials believe she passed away before her head became submerged in water, though the official toxicology report won't be complete for four to six weeks.

Although earlier reports say that her stylist, hairdresser and two bodyguards were among the ones who found Houston underwater, reports now say it was her aunt Mary Jones who discovered Houston's body.

TMZ.com says Houston had apparently been in the bathroom for more than an hour when Jones went in to check on her. Upon seeing Houston, Jones pulled the singer out of the tub and started CPR. RadarOnline.com reports that her body was probably under water for 30 minutes and the autopsy shows that her body had no "obvious signs of trauma, but her throat



► Whitney Houston (1963–2012)

appeared to be inflamed upon examination."

NBC New York reports that once Houston's body is released to her family by the L.A. Coroner, she will be eulogized in her birthplace of Newark, N.J. Whigham Funeral Home — who handled the funeral for Houston's father, as well as the memorial for Arthur Lee Warrick, the mother of Dionne Warwick (Houston's cousin), and for Ann Drinkard Moss, the sister of Houston's mother, Cissy — will reportedly be handling the arrangements.



► Jennifer Hudson sang I Will Always Love You at the Grammy Awards on Sunday.

Celebrity tweets



Pardon me... do you have any crepe chiffon?



@kanyewest

The intuitive mind is a gift and the rational mind a servant. We have created a society that honors the servant and has forgotten the gift.



@rustyrocks

@MarleeMatlin

Before I forget, Happy Valentine's Day. I'll be half a world away but thinking about you. Support the freedom to love and live peacefully.



@sarahsilverman

I just read John: 3:16. It's dumb!

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Truly, madly, deeply: Why do we get jealous?

► Valentine's Day isn't all about being madly in love ► Dr. David Buss, relationship expert and author of *The Dangerous Passion: Why Jealousy is as Necessary as Love and Sex*, explains the science behind the 'j' word

ROMINA MCGUINNNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Do you ever feel protective of your relationship — as if someone else is out to get your man (or woman)? You may be overly cautious.

Or you may just be reacting normally. Mate poachers exist. And Dr. David Buss, author of *The Dangerous Passion*, says we've psychologically adapted to defend ourselves against such threats.

First, is your partner your equal?

Determine their mate value: how desirable is this person on the mating market? Think about anything from looks to social status.

When a couple pairs up they tend to have approximately similar mating values but discrepancies do develop over time.

"If one gets a big promotion at work, they could increase their mate value by virtue of the position. The lower mate value person tends to be most jealous as statistically, it's more likely for the higher mate value person either having an



► This won't end well.

affair or terminating the relationship," says Buss.

Then, identify the nature of the threat

According to Buss, men and women are equally jealous but differ in the nature of their emotion.

"For a man the sexual aspect of an infidelity poses a threat as it casts a doubt over their paternity certainty," he said. "Men place a greater premium

on physical attractiveness in potential mates so when women see their man in a sexually charged interaction with a physically more attractive woman, that can drive a woman crazy."

Take action

"Women enhance their physical appearance as a mate protection tactic whereas men redouble their efforts to fulfill their

partners' desires," he said. "Men are more physically reactive and more likely to get drunk or commit crimes of passion."

Jealousy as a symbol of love and commitment

No one wants to be with someone no one else wants. Stick to your mate value equal and hopefully you can avoid a Basic Instinct 3.

THE MOST OUTRAGEOUS JEALOUSY CASES



AMERICAN FOOTBALL STAR OJ SIMPSON

► Although found 'not guilty,' Simpson was suspected of murdering his ex-wife Nicole Brown.



NASA ASTRONAUT LISA MARIE NOWAK

► After a 950-mile, 12 hour journey (wearing an adult nappy to avoid bathroom breaks), Nowak confronted love rival Colleen Shipman armed with a BB gun and pepper spray.

3

life

A new study shows

30

...minutes of sex can burn off more than 80 calories. Surely it's the best consequence of fighting with your lover. Say yes to make-up sex.

AMERICAN ASSOCIATION OF SEXUALITY EDUCATORS



WHO says leprosy still around after being declared eliminated from the Western Pacific region

Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

Sleep remedies: What

Works? The experts interviewed for Michelle Villet's article on sleep remedies recommend seeing your doctor if sleep problems last two weeks. But for occasional sleeplessness, there are plenty of drugstore remedy options. Always be

sure to follow package directions carefully and heed any warnings.

Antihistamine-based remedies: The active ingredient in these is diphenhydramine hydrochloride, an antihistamine with sedative properties that directs receptors in the brain to relax.

Melatonin-based remedies: Melatonin is a hormone secreted by the pineal gland. It helps regulate the body's sleep-

wake cycle.

Herbal and mineral remedies: Some use a form of magnesium, a mineral involved in more than 2,000 chemical reactions in the body, many of them related to sleep and relaxation. Again, always read labels carefully, and always talk to your doctor about any concerns you have.

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Abruzzo: For the love of pasta

► Lady and The Tramp charm and great food make this spot ideal for romance

LUNCH RUSH

DAN CLAPSON
FOOD@METRONEWS.CA



Nothing says romance like pasta.

Abruzzo is a cute, little Italian restaurant located downtown that, for me, exudes a sort of Lady and The Tramp-esque charm.

I should note that, unlike the Disney dogs, we did not fall victim to species discrimination and were allowed to sit inside



► Fettuccini Gigi (\$16.95).

► **Abruzzo Ristorante**
402 8th St. S.W.
403-237-5660
abruzzoristorante.com
Social lunch: Yes
Client negotiations: Yes
Price range: \$14.95 - 34.95
Rating: 4.5 out of 5

the restaurant as opposed to behind it.

Although, we were not serenaded by a merry chef and his accordion...

I started off with the Italian Salad (\$7.50), which was a fair mix of greens, onions, and tomato tossed

in house vinaigrette.

As far as pasta choices go, it's always hard to decide here.

Finally, I settled on the Fettuccini Gigi (\$16.95), a large bowl of pasta tossed in a rose sauce with cappicollo ham and mush-

rooms.

The noodles were perfectly al dente and the sauce was vibrant with a little touch of heat, kind of like young love, you know? Now, that's amore!

X-Rated Kiss Cocktail

MATTHEW MEAD/ THE ASSOCIATED PRESS



This Valentine's Day, cocktail sports a risqué name, is easy on the eyes and drinks like candy.

X-Rated, for those unfamiliar with it, isn't just a movie classification. It also is the name of a hot pink liqueur made from vodka infused with passion fruit, blood orange and mango.

Preparation:

1 Divide the raspberry liqueur between 2 martini glasses.

2 In a cocktail shaker filled with ice, combine the lime juice, X-Rated, gin and pink peppercorns. Shake vigorously then strain and divide between the glasses, pouring it carefully down the sides of the glasses. Garnish with edible flower petals. **THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOK.CA.)**

Ingredients:

- 60 ml (2 oz) raspberry liqueur
- Ice
- 90 ml (3 oz) X-Rated Fusion Liqueur
- 30 ml (1 oz) gin
- 30 ml (1 oz) lime juice
- Pinch of crushed pink peppercorns
- Edible flower petals, to garnish

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Spread V-Day love with Red Velvet

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



To make these treats a bit different you can pour the batter into prebaked mini tartlet shells and bake for a cupcake tart.

Preparation:

1 In bowl, whisk flour, sugar, cocoa powder, baking powder and soda.

2 In another bowl, whisk buttermilk, butter, egg, food colouring and vanilla. Pour over flour mix and whisk until smooth.

Ingredients:

- 1 1/4 cups (300 mL) sifted cake and pastry flour
- 2/3 cup (150 mL) granulated sugar
- 1 tbsp (15 mL)



► This recipe makes 24 cupcakes.

3 Divide batter among paper-lined mini muffin tin and bake in 350 F (180 C) oven for about 15 minutes or until tester comes out clean. Remove from pan and let cool

- unsweetened cocoa powder
- 1/2 tsp (2 mL) each baking powder and baking soda
- 1/2 cup (125 mL) buttermilk
- 1/4 cup (60 mL) butter, melted

completely on rack. Top with whipped cream and serve. **EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND CELEBRITY TV CHEF. VISIT EMILYRICHARDSCOOKS.CA.**

- 1 egg
- 1 tbsp (15 mL) red food colouring
- 1 tsp (5 mL) pure vanilla extract
- Whipped cream



▶ He looks happy, they look happy, everyone wins.

Happy to be single



CHIARA
ATIK
LIFE@METRONEWS.CA

Of course, we all want to find that special someone someday ... but here are four reasons to be happy that someday is not today.

1 The opportunity to check out all those "what-ifs" A random person you meet at a party, an acquaintance you've had a crush on forever, maybe even a co-worker: when you're single, you can pursue these "what-ifs" and see where they lead.

More often than not, these little sparks of romance turn out to be nothing, but at least when you're single, the not knowing won't drive you crazy.

2 Not shaving...

your legs, your beard or any other part of your body.

Not shaving, and sparing those extra 15 minutes in the morning just because you don't feel like it, is the luxury of being single.

3 Wild nights! Wild nights!

It's pretty nice to be able to go out, and stay out, as long as you want without having to worry about whether your significant other is tired, or their feet hurt, or you said you'd call, or they have an early start in the morning, or hearing "you're so old!" in a faux-complaining voice and regretful smiles as you head out the door.

And if, at midnight, a friend calls and invites you to come out, you can just go. And if, at 2 a.m., you meet someone you like, you can just kiss them, or go home with them, or just get their number.

And if, at 4 a.m., you feel like getting a slice of pizza, or a whole pizza, you can, no problem. Who's going to care?

4 Not having to hang out with anyone else's friends You have your own friends, and it's hard enough to find time to hang out with them.

Sort of nice not to have to spend a Friday night hanging out with someone else's friends, no?

'Like a piece of meat'

▶ Metro's Liz Brown recently dropped in on an anti-Valentine's Day singles party



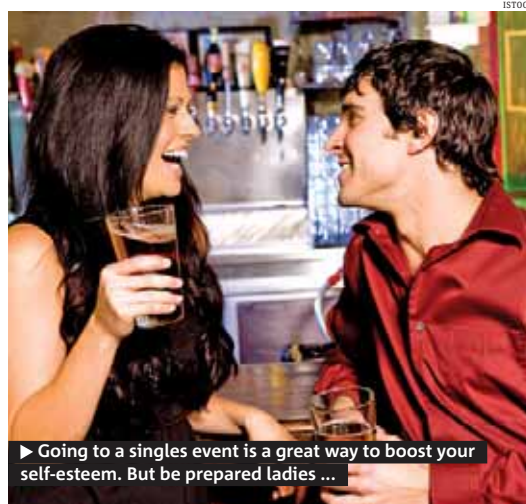
LIZ
BROWN
LIFE@METRONEWS.CA

Ever wonder what would happen if you gathered all the people on an online dating site into the same room?

I never pondered the possibilities of such a situation until last Saturday night, when I attended an anti-Valentine's Day singles party at C-Lounge in Toronto, hosted by a company called Meet Market Adventures.

Being of the adventurous sort, willing to try anything once — and single myself, I thought it might be a good place to expand my potential dating circle. And while I met several guys, the event shared many similarities with online dating — as in, if you're female and attractive enough to go out in public, you're getting plenty of attention. This isn't always a good thing.

When my friend and I arrived at the bar at about 10 p.m., it was already packed. Singles ranging from 25 to 45 mingled over hors d'oeuvres and packed the dance floor, bumping and grinding to Top 40 tunes. The pair of us, being more of the wallflower than life-of-the-party type, grabbed drinks and settled ourselves in a corner of the bar to take in the crowd. The male to female ratio seemed an ideal



▶ Going to a singles event is a great way to boost your self-esteem. But be prepared ladies ...

Memorable opening lines of the night

- ▶ "Check out my tan. I bet I'm more tanned than you. I just got back from Mexico."
- ▶ "Don't go to the bar, you can have my drink." (A half sipped warm rum and coke).
- ▶ "I have a girlfriend right now, but it's ending soon."
- ▶ "What's your sign?"

50:50 split.

At the front of the room, the more social singles were jostling to enter a draw to win a trip to New York City and participate in a human scavenger hunt — a search for a member of the opposite sex who had come to the party with their ex.

Several women in the 30-to-40-year-old range wearing dresses joined us on the outer fringes, playing with their hair, and subtly swaying to the mu-

sic, presumably hoping to be asked to dance. While some guys were bold and approached the women, others stood by in their dress pants and button shirts, surveying the room.

This surveying was a little more overt than typical of a regular bar.

Of course, the end game of such an event is to 'pick-up,' but it was slightly jarring to walk into a bar knowing that every man in the room knew with certainty your solo status

For more info

▶ Meet Market Adventures hosts singles events in most major cities in Canada. For a list of upcoming events, visit Meetmarket-adventures.com.

— or perhaps not. One not-so-sharp fellow approached us and opened with "So, are you two ladies single?"

As we stood there, a bit too overwhelmed to mingle, a steady stream of potential suitors approached us with all manner of pick-up lines.

While we sipped our drinks and felt the burning stare of dozens of pairs of male eyes, my pal leaned over, "Do you feel like a piece of meat in this place?"

"Completely."

"Want to go somewhere else?"

"Definitely."

After just an hour of our Meet (or was it meat?) Market Adventure, we packed it in and headed to our favourite dive bar where we did shots and hit the dance floor, happy that our single status remained personal information.

Although the event had uncomfortable overtones for me, if you're feeling lonely and need to be reassured there are plenty of single people out there, it's not a bad place to spend a Saturday night.

WHAT TO BUY FOR A BAPTISM

Hello,
What is an appropriate gift for a child at a Christening if the child is a close family member?
Thanks J&R

Hello J&R!

The ceremony of a Baptism or Christening is a religious event. So, to state what might seem obvious to some, a religious gift of some sort will always be appropriate in either case.

Such gifts might include a cross, rosary or even a

CHARLES THE BUTLER



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small children's version of the Bible. You may even wish to consider having a mass said in the child's name, or giving a small bot-

tle of Holy Water or a religious charm for future use on a charm bracelet or necklace.

You can also consider a small prayer book, a picture frame with the date engraved for a photograph of this important ceremony or an album/scrapbook to keep a copy of the church program, guest list, family pictures, footprints and anything else from the day. HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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STAY ROMANTICALLY CONNECTED

SEX LIFE IMPORTANT PART OF WORK-LIFE BALANCE

Having it all and getting it all are vastly different things.

Unfortunately success doesn't just boil down to the snappy — yet highly simplified — work-life balance ideal.

While this is the message of our overloaded, Type A world (which calls for maintaining a fabulous career, time with friends, a regular work-out routine, clean home, stocked

refrigerator, fresh laundry, happy kids, and a relationship teeming with hot sex), it isn't always so easy to achieve.

Surely, something's gotta give.

When that something is your sex life, well, you're not going to take that lying down, right?

For some, especially working parents, juggling too many demands is bad news for romance.

"Realize where you need to delegate," advises Toronto-based life coach Krista Roesler.

"Maybe the kids need to step it up and help with the chores, (or you can) find support in the community, but don't be afraid to ask for help."

Roesler suggests creating a list of

daily demands to help identify areas where energy is wasted, and highlight key spots where more focus is required. This is helpful for determining what holds the most importance and editing out the rest. Sometimes this will mean turning down an offer to volunteer opportunity, cutting back on night classes or, simply, learning the art of slowing down.

For over-stressed partners, finding an outlet is essential.

"Parents need to take time off," insists Roesler.

"Have the grandparents look after the kids and take a weekend away," she says. Roesler adds that it's vital for

PICTURE-PERFECT PRIORITY LIST

- Don't skip meals or allow overall health and exercise to slide — these are life essentials that enable you to function at your best
- Ask about telecommuting or flex hours at your workplace
- Clear up calendar time by sharing carpooling duties with friends and family
- If the budget allows, hire a cleaner or get groceries delivered

couples to share space together beyond their parental roles, and equally important for children for developing independence and confidence.

"Teaching kids that you need to have a balanced life, that's important. It's really easy to lose yourself when you have kids."

Whether you pencil in date nights or prefer sexual spontaneity, staying romantically connected is a natural health booster that also happens to work wonders for your relationship.

"It's so important," stresses Roesler.

"Some people are planners, others are not, just make sure it (sex) doesn't become an obligation, another thing you have to do."

— Tanya Enberg



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www.calgarysexualhealth.ca

SHARE THE BUZZ

CANADIAN-MADE WE-VIBE 3 REVOLUTIONARY

Gone are the days of dark, cave-like sex shops where customers secretly slink in and quickly back out into the shadows.

Personal pleasure, once considered predominantly a man's sport, has gained prestige, popularity and social acceptance among many women, who are quick to share trade secrets among their girlfriends.

It may be this more open information exchange that has made the Canadian-made We-Vibe — a cleverly designed toy created to amp up the pleasure of couples' play — the number one selling couples' toy among

playful pairs around the globe.

It has a revolutionary shape, which simultaneously stimulates the G-spot and clitoris, and a unique benefit that appeals to both genders (worn while making love). The We-Vibe, launched in 2008, continues to stretch the limits of our bedroom romps beyond the commonplace phallic fare typically available.

The We-Vibe 3, the latest version of this environmentally friendly find (it's rechargeable and body safe, made with medical-grade silicone and 100 per cent lead free), is touted as the most powerful to date with 40 per cent more rev.

Added bonus(es) — it comes with a wireless remote control to switch between the six vibration modes (for all kinds of imaginative fun) and it's completely waterproof!

Also making orgasmic waves are the company's three super-powerful, yet highly-compact offerings: The Touch (a hand-held personal massager); the lipstick-shaped Tango, and the Salsa, a classic mini vibrator.

For more product info, visit we-vibe.com ... then go ahead and share the buzz with your pals.

— Tanya Enberg



Speedflirt

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She flirts, *He flirts back*



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We wanted to know a little about *flirting* and *love* from our
Metropolitans, this is what they had to say:

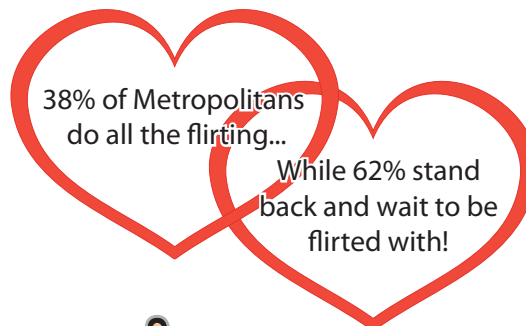
How important is it to find and/or
keep love in 2012?



Important 28%
Neither important or unimportant 17%
Unimportant 5%
Very Unimportant 4%

ONLINE **D A T I N G**

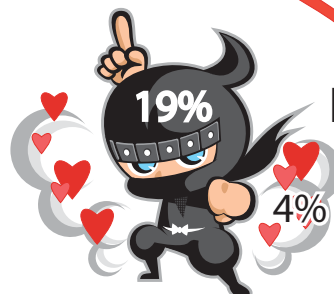
34% have tried it
29% have never tried online dating, but
would give it a shot



Where's the best place
to flirt?

At a Party **25%**

• Pub 13% • Work 11%
• Online 7% • Grocery Store 6%
• Nightclub 6% • School 5%
• Mall 3% • Gym 2%



When flirting,
how forward are you?

19% Subtle like a ninja!
4% Forward. Bull in a china shop.
35% A little bit of both

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Source: Metropolitan Panel Survey; 352 Respondents; January 2012

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FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONWS.CA



The spirit of Valentine's Day is to show your special someone

that you care about, and value, them. And you don't need lavish gifts and a racked up credit card to acknowledge your partner.

Just like a grade-schooler, sit down for 20 minutes

and make a card. Using red and pink paper, cut out hearts and glue a picture of your honey in the middle.

Somewhere within your homemade masterpiece, write out all the things you love about them. Who cares if you're not Picasso or Shakespeare; it doesn't matter. The thought is what counts.

Rather than booking a dinner out, try cooking a new recipe at home. Pick up fresh ingredients from your local grocer and a reasonably priced bottle of wine.

If your culinary skills are sorely lacking, buy an

"Valentine's Day is your opportunity to make your partner feel special and you don't need a helicopter ride to prove you care."

online coupon to an inexpensive restaurant. If the corkage fee is low, bring your own wine.

If you're freaked out your partner might think you're a cheapskate, secretly slip the coupon to your server en route to the washroom.



► A homemade card can be a lot more meaningful than an expensive present.

If you're planning to exchange gifts, be frugal. Agree to set a limit on your spending. Turn it into a game; who can buy the best Valentine's gift for less than \$25.

Take advantage of coupons, clearance and 'end-of-season' sales. If you're into the great out-

doors, give your partner a handmade 'IOU' to take them hiking, skating or skiing.

Turn off your computer and phones, fill up a thermos with hot chocolate and go for a romantic walk around your neighbourhood. Spend time talking or download an

old movie.

Simply making time for your honey or helping them with a mundane task, like housework, means a lot.

Valentine's Day is your opportunity to make your partner feel special and you don't need a helicopter ride to prove you care.

That chew toy better be BPA-free

► Rover's living large: More and more pet owners are paying extra for healthy, eco-friendly food and toys

Like many pet owners, customers at April Lawrence's pet bakery and boutique in central Iowa want the best for their four-legged family members.

That means high-quality, safe and eco-friendly products, from organic food and treats to BPA-free toys and water dishes. And they don't mind paying extra.

"The customers are looking at their pets as part of their extended family," says Lawrence, adding that the organic, baked-from-

"We don't even sell a line of poop bags that isn't biodegradable. You don't think people care as much as they do about their carbon footprint, but they do, and they care about their animals' too."

APRIL LAWRENCE, OWNER OF A PET BAKERY AND BOUTIQUE

scratch, healthy treats she sells at Bone-A-Patreat Pet Bakery and Boutique are especially popular. "They're better than what I eat!"

Many pet owners began looking for safer products after huge pet food recalls in early 2007 that followed the renal failure and death of hundreds of animals, says Leslie May, who operates Pawsible Marketing, a firm that helps pet-related businesses, in Blue Ridge, Ga.

"It really prompted people to wake up and look at what's in their pet's food and what's around their pet's life, in their environment," she says, adding that there's also a growing awareness of lead in dog toys made in China, and of the dangers posed by some plastics used in many pet products.

Social media sites have provided a forum for people to learn more about pet health, she says, and that also leads to a demand for safe, well-made items.

"You are getting higher



► Valentine dog treats at the Bone-A-Patreat store in Des Moines, Iowa — "They're better than what I eat!" says the owner.

quality, which last longer, so you actually come out even or ahead in the end," says May.

For example, a food bowl free of the chemical bisphenol-A, or BPA, may cost twice as much as an ordinary bowl, but it can last a dog's lifetime.

May, the consultant, says

her research shows that many baby boomers who have become empty-nesters have turned to nurturing pets.

Also, more couples and individuals are remaining childless and looking for a bond with a pet, and they have the resources to spend on their beloved ani-

mals.

"A lot of people, just like me, got a dog to do something with," says May, who owns a seven-year-old sheltie, Johann. "He sure filled that bill. The bond — it's so much more powerful than I could ever have imagined."

THE ASSOCIATED PRESS

Puppy love

Brad Weston, chief merchandising officer for Petco, a leading pet-products retailer, says there's definitely a trend toward healthy, eco-friendly products as pet owners project their own lifestyle choices onto their pets.

Pets reflect our values: "(Pets) are increasingly thought of as family members, so not only are we willing to dig deeper into our pockets for our pets, but the choices we make for them are a direct reflection of our personal preferences, values and ideals," he says.

Only the best: No matter if the economy is slumping, Weston expects the trend in premium pet products to keep growing. "For the most part, as parents, we don't skimp on our kids until or unless we really have to. And same goes for our pets today," he says.

BREAK TIME

HOW TO MAKE THE MOST OF YOUR READING WEEK

While American spring break conjures images of booze-filled partying, Canadian reading week summons scenes of caffeine-filled studying. Experts say the way to make the most of your February break is to combine academic catch-up with personal downtime.

Kristi Kerford, acting associate vice-president of student services at Ontario's Trent University, polled staff and students for their best approaches to the break.

"One of the key things that came up was thinking of it as being a balance of a reading and academic time, and also being time for yourself," she said.

On the personal side, you should recharge yourself. Sleep in, visit friends and family, and get to all those personal issues you have been putting off. She suggests setting a schedule for the week. If you are sharpest in the morning, do your academic work then and save afternoons and evenings for personal time.

"On the academic side, you want to be thinking about either catching up or getting ahead of your reading and course work," she adds.

If you are heading away for the break, pack thoughtfully. Some course materials are online, while others will require you to bring books.

Kerford says students should start thinking about summer job opportunities.

"If I'm going to my parents' home and I want to work there in the summer,



GETTY IMAGES/JUPITERIMAGES/COMSTOCK/THINKSTOCK

that's a great opportunity to do some informational interviewing," she says. "You may not be back there again until the summer."

Erin Kaipainen, director of the Centre for Community-Engaged Learning at the University of Calgary, says some students use the week to learn about the real world and make an impact.

"We find students really want to be involved in their community, they want to be learning about issues affecting

Calgary and other places, but sometimes it's challenging to fit that into their (academic) calendar," she says.

Hence the Alberta university's reading week programs.

This year, one is a digital storytelling project with vulnerable youth in Calgary while another sends students to New Orleans to learn from and help with that community's post-Katrina recovery.

They are not for credits, but do give

students in a range of programs an opportunity to try out classroom ideas. Others are overworked in their programs and just want a chance to do something unrelated to their studies.

"Instead of going somewhere hot and sitting on a beach, you're doing something else, something for your own personal development and learning about communities in Calgary or around the world," Kaipainen says.

—Jon Tattrie

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EXPRESS FEELINGS WITH FLOWERS

MOUNT ROYAL OFFERS FLORAL DESIGN PROGRAM

Stop and smell the roses with a career in floral design.

Mount Royal University's Floral Design Certificate of Completion will help you work towards a rewarding career in the floral industry.

"Almost 30 years in the floral industry and inhaling the scent of a beautiful flower still brings me joy, putting a smile on my face," says Lea Romanowski, instructor of the Floral Design Certificate program and owner of Designing on the Edge.

"As floral designers we help people express their feelings through flowers, and that is a gift."

Romanowski has worked in the floral design industry for 29 years and has been providing flowers for special events, such as the 1988 Calgary Olympics and the 2007 Junos, through her own company for 12 years.

"Teaching what I love is my way to give back to the floral community, while helping prepare the next generation of floral designers," says Romanowski.

She says this course is a great way to



MOUNT ROYAL UNIVERSITY PHOTO

get your foot in the door towards working in floral industry and many of the graduates of her program have gone on to do just that.

Students will learn a variety of floral design skills and techniques for working with fresh flowers and plant materials.

"If a person just 'loves flowers,'

attending the classes is a great way to learn more about flowers and take home a lovely design they create themselves," says Romanowski.

Students will learn to design and execute about 12 different floral designs. The course consists of three levels of floral design, beginner, intermediate and

advanced. Each level of the course consists of six three-hour classes. Fresh flowers and plant materials are included in the course fees, but students are asked to bring a few of their own supplies.

For more on the Floral Design Certificate of Completion, visit contd.mtroyal.ca/floral.

— Candice Ward

'THEY HAVE A NAME — HUMAN TRAFFICKING'



MOUNT ROYAL UNIVERSITY PHOTO

CONFERENCE INFORMATION

The conference: They Have a Name — Human Trafficking, will take place Feb. 16 at the Roderick Mah Centre for Continuous Learning from 7-9 p.m.

Ticket prices are: Regular Rate — \$35 plus GST; Non-profit Rate — \$30 plus GST; MRU Alumni/Faculty/Staff Rate — \$25 plus GST; Student Rate — \$15 plus GST.

MRU HOPES TO MOBILIZE SOCIETY ON THIS 'PLIGHT ON HUMANITY'

Described as a "plight on humanity," Mount Royal University will be taking a closer look at the world of human trafficking during a special evening event this month.

The "They Have a Name — Human Trafficking" conference will hope to mobilize society to say "no" to modern day slavery.

"Human trafficking is the third most profitable crime in the world. No sector of the society is immune, no corner of the world is untouched," says Dr. John Winterdyk, professor and director for the Centre for Criminology and Justice Research at MRU.

"Human trafficking is real and it exists in Alberta and Canada. It is a gross violation of human rights."

The conference will feature a keynote address from Yvon Dandurand, a leading international expert in human trafficking and criminal justice.

Dandurand has led numerous criminal law reform initiatives as a senior associate of the International Centre for Criminal Law Reform and Criminal Justice Policy, an affiliated member of the United Nations Crime Prevention and Criminal Justice Program Network of Institutes.

There will also be a play reading of *She Has a Name* by Andrew Kooman, performed by members of Burnt Thicket Theatre.

This play is going to be touring Canada throughout 2012, after it premiered to sold-out audiences in 2011 in Calgary and Red Deer.

Winterdyk will also be signing copies of his book, *Human Trafficking: Exploring the International Nature, Concerns, and Complexities*, at the conference.

Winterdyk co-edited the book, along with Benjamin Perrin and Philip Reichel.

"This book was written to create awareness and, hopefully, inspire capacity to once and for all tackle this problem," says Winterdyk.

For more information about the conference at MRU, visit contd.mtroyal.ca/theyhaveaname.

— Candice Ward

USE SOCIAL MEDIA WISELY

Social media is everywhere and the instructor of Mount Royal's new Social Media Certificate has a few suggestions on how businesses can use it effectively. Ernest Barbaric, Digital Marketing Strategist and instructor of the Social Media for Business certificate at MRU has the Top 5 Social Media Tips for Businesses:

1 EXERCISE FOCUS — Don't jump on every new platform that comes out, but select two or three of the best ones where your ideal target market is most active.

2 PARTICIPATE — Get involved in the social media you choose. Don't treat it like a billboard, but use it to engage conversations.

3 DEDICATE RESOURCES — It takes effort and dedication to create results.

4 IN FOR THE LONG HAUL — Be prepared to invest the time.

5 UNDERSTAND YOUR OBJECTIVES — Each marketing effort should be clearly and logically tied to core business objectives.

For more on the Social Media for Business Certificate, see contd.mtroyal.ca/socialmediamarketing.



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INVALUABLE INVESTMENT



UNIVERSITY OF LETHBRIDGE PHOTO

UNIVERSITY OF LETHBRIDGE STUDENTS GET HANDS-ON INVESTMENT FUND TRAINING

When the dean of your department hands you \$100,000 to invest, you better learn how to manage money.

That is what the students of the University of Lethbridge Faculty of Management students are learning.

"The fund has been established so that participating students can gain invaluable practice managing a real-life investment portfolio," says Dr. Robert Ellis, dean of the Faculty of Management. "This will give them the opportunity to interact and network with industry experts and other business students interested in finance."

Through the Student-Managed Investment Fund (SMIF), students will learn first-hand the skills required to properly manage money in the real world by learning how to trade funds.

"These students will be exceptionally well-prepared for careers in finance," says Ellis.

Although this is the first group of students to be part of this new initiative, they are not alone in the endeavour.

A well-trained team of professors (with decades of worldwide money market management and finance research to

their credit), an advisory board of internationally-experienced investment managers and legal experts from Calgary, Lethbridge and Toronto, plus a number of university-based oversight groups, are there to assist students in making smart financial decisions.

"Being part of the student-managed investment fund team will allow us to gain hands-on industry experience in our chosen career path," says Taylor Nanton, Finance and Marketing major at the U of L, and one of the eight students taking part in the inaugural group managing the SMIF.

"Having this opportunity provides us with experience we'll use every day in our future positions.

"It might also help us invest our own money more wisely."

While using the U of L's state-of-the-art Centre for Financial Market Research and Teaching (CFMRT) as an investment lab, the goal is to get the fund to \$400,000 in the next three years.

For more about this program or the Faculty of Management at the U of L, visit uleth.ca/management.

— Candice Ward

U OF L LAUNCHES SMALL BUSINESS INSTITUTE

Two University of Lethbridge Faculty of Management researchers have launched a new Small Business Institute that will focus on the specific needs of small businesses.

"The whole notion is that with an institute, you get people together who might have a common interest in the subject area, so it's more than just complementary; it should also be synergistic," says Dan Kazakoff, director of the University of Lethbridge Theory Into Practice programs. "By discussing ideas around the table with other individuals, you may find that you get more depth of understanding."

In partnership with Dr. Gordon Hunter, professor of Information Systems in the Faculty of Management,

the pair have embarked on an undertaking to link small businesses to the expertise of researchers, professionals and other business people.

The focus of the institute's investigations will be on privately held small businesses varying from start-up to multi-generational.

Along with entrepreneurship and family-owned operations, other aspects of their investigation will include franchises, not-for-profits, non-participating family members, succession and sustainability.

"The purpose of the institute — to bring some synergy to people who have an interest in doing research in small business areas," says Kazakoff.

The SBI is self-funding and findings



Dr. Gordon Hunter, left, and Dan Kazakoff.

UNIVERSITY OF LETHBRIDGE PHOTO

of the research may be used towards teaching in business programs at the university. The SBI is unique in that it will focus on Lethbridge, southern Alberta and other locations.

The pair have also co-authored a book, *Little Empires*, which focused on 11 multi-generation small businesses in Lethbridge.

To learn more about the Institute or the U of L Faculty of Management, visit uleth.ca/management.

— Candice Ward/with files from the University of Lethbridge

STUDENTS ENJOY MARKIN HALL

The University of Lethbridge Faculty of Health and Sciences and the Faculty of Management are at home in a new 10,400-square-metre, \$65-million facility.

Markin Hall officially opened its doors in October 2011, and faculty and students are already enjoying the benefits of the new building.

Markin Hall is home to the Faculty of Management's finance trading room, with real-time data from the world's financial markets.

The construction on the building began in 2008, after a generous gift to the university from Dr. Allan Markin to the Legacy of Leadership campaign. Funding was also provided by U of L friends and alumni, private funding, support from national corporations, and the government of Alberta.

DESIGN YOUR FUTURE WITH SAIT

A diploma in Graphic Communications and Print Technology (GCPT) will have you working towards a career in the ever-evolving print industry.

“The printing industry is one of the oldest and biggest manufacturing industries in the world and continues to grow and evolve in an increasingly digital landscape,” says Gerald Flim, Academic Chair — Graphic Communications and Print Technology.

“With skills learned at SAIT, students can go anywhere in the world and work in areas such as design, client interaction or in a production department.”

With print media all around, from packaging on products, billboards and magazines, this industry is in constant need of quality content.

This two-year diploma program is designed to train students in a variety of aspects of the print industry.

Students will learn page layout and design, through to running a printing press and finishing on state-of-the-art systems.

“Students receive quality training from experienced instructors who are in regular contact with industry professionals at the local and national levels,” says

Flim. “This ensures students gain all the skills required to thrive in this industry.”

Graduates of this program may find jobs in a number of professional environments including, corporate communications, digital and commercial printing companies, screen companies and design agencies.

The program accepts about 60 students each year and is currently accepting applications for the fall 2012 intake.

For more about this program, visit sait.ca, or call 403-284-8849.

— Candice Ward



SAIT PHOTO

METRO CUSTOM
PUBLISHING
LEARNING CURVE

FOOTHILLS PROMOTES PERSONAL DEVELOPMENT

Using the arts to get more out of its students, Foothills Academy has found success in using drawing, painting and even public speaking, to engage students with learning disabilities.

“Students who participate in the arts often find a side to themselves that they didn’t know they had. It allows them to express themselves in a unique way,” says Elizabeth McClelland, music instructor at Foothills Academy.

Foothills Academy works hard to promote personal development through

a number of competitive and non-competitive activities and programs such as drama productions, athletic teams, intramurals.

“Our students learn through experiencing and hands-on activities. Art isn’t something to use one class a week but rather incorporate it into your lessons on a regular basis,” says Ashley Rewcastle, junior high art instructor at Foothills Academy.

Rewcastle, among other teachers at Foothills Academy, have found

students find confidence when working within the arts.

“When students have confidence they are more likely to tackle their struggles head-on,” says Rewcastle.

Rewcastle works with students who struggle with spatial awareness, so she provides them with the strategies to work around that with painting techniques.

“The result is a great painting but, more importantly, the student is ecstatic because they feel they have conquered

something and parents are elated when they see that change in their child.”

Foothills Academy accepts children between the ages of eight and 18, who are intellectually bright but struggling in school.

Foothills Academy specializes in innovative programs for children with learning disabilities.

For more information about Foothills Academy, visit foothillssacademy.org.

— Candice Ward

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OPEN YOUR WORLD WITH TOURISM

BOW COLLEGE DIPLOMA FOCUSES ON BUSINESS SIDE OF THE INDUSTRY

Combine tourism sector knowledge with marketing, management and product development to get a diploma in Global Tourism Management and Marketing from Bow Valley College.

This tourism program is about the business of tourism and people with these skills are in high demand.

"There is a high demand for qualified individuals to work in all areas of tourism with opportunities in local and international government, as well as public sector organizations," says Katherine Cormack, director, marketing and communications for Bow Valley College. "Tourism is big business and continues to be a key contributor to our province's job creation and economic health."

The Global Tourism Management and Marketing Diploma does not target a



BOW VALLEY COLLEGE PHOTO

specific field such as travel consulting or hospitality, but encompasses the business of tourism as a whole.

Graduates of the program will have the skills needed to manage tourism products and services.

"This diploma offers grads a full diploma in the business of tourism allowing for extensive diversity in job opportunity and scope," says Cormack.

Knowledge gained through this diploma is applied in a business content to

examine marketing, branding, relationship selling, communication, revenue management, and product development.

All students of this program will also participate in a work placement so they are able to "test drive" their new skills and make contacts in their chosen field.

"Work placements in the field ensure learners have real-world experience before they graduate," says Cormack.

This diploma prepares students to work in entry- and mid-level positions.

Some potential job titles include, business development manager, convention services manager, corporate sales manager, destination services manager, and tourism marketing specialist, to name a few.

The program is 68 weeks long and applications are currently being accepted for the fall 2012 intake.

"In just two years, grads are work-ready for a work in a thriving sector," says Cormack.

For more information about the Global Tourism Management and Marketing Diploma, visit bowvalleycollege.ca/tourism.

— Candice Ward

PUBLIC RELATIONS CAN BE A DYNAMIC CAREER

Public relations is not a career for the shy or meek, but is for someone who will enjoy being the face of the organization they represent.

Bow Valley College is looking to train individuals who are exceptional communicators, organized, professional and creative, through its Public Relations diploma.

"This program offers a unique opportunity for individuals with previous post-secondary education to launch a dynamic new career in less than a year," says Katherine Cormack, director, marketing and communications for Bow Valley College.

Before launching into this exciting new career, students will learn the fun-

damentals of media relations, internal and external communications, writing for public relations, and public relations for digital media.

"This is the only public relations diploma program in Calgary — giving grads the opportunity to get to work in their chosen field three years faster than those taking a degree," says Cormack.

They will also take part in a hands-on work placement before completing the program.

Graduates of this program will be able to seek employment in organizations dedicated to strategic communication in the private sector, government, education, not-for-profit, media, and many others. Job titles in this



BOW VALLEY COLLEGE PHOTO

field could include, public affairs officers, communication assistants, community relations co-ordinators, editorial assistants, media spokespersons, and promotion co-ordinators.

The Public Relations diploma is in partnership with Grant MacEwan University and graduates of the program

will receive their credentials from Grant MacEwan University.

This programs runs for 40 weeks (or two semesters) and applications are being accepted for the fall 2012 intake.

For more about the Public Relations diploma, visit bowvalleycollege.ca/pr.

— Candice Ward



BOW VALLEY COLLEGE PHOTO

VISION 2020 WILL SERVE BOW COLLEGE FOR YEARS TO COME

Bow Valley College has a vision for its future, a vision that was shared by more than 2,020 participants last May.

Vision 2020 is a community-based inquiry where Bow Valley engaged college board members, staff, faculty, learners, alumni, employers, government, and community members in designing the school's future direction.

More than 1,500 people took part in person, fully engaged — drawing, writing, and dialoguing.

Others took part via the web to tell stories of what Bow

Valley College meant to them.

Together, they talked about the current state of the college and created images of the future, and provided concrete ideas for strategies and direction.

Each idea, design, image, and proposition was gathered from these sessions and from that information a plan emerged that will serve the college over the years to come — Vision 2020.

To read the Vision 2020 report, visit bvcevision2020.ca.



Where will your U of L degree take you?

"During my time at the U of L, I was able to identify my passion. I have applied the skills I learned and turned that passion into a successful business."

Cassandra Conacher, BMgt '09

Owner and Principal Consultant

Mosaic Canadian Immigration Consulting



expensively adv. **expensively** n. **experience** n. **1** actual observation; acquaintance with facts or events. **2** skill resulting from this. **3** a. an affecting one (an unpleasant experience). b. the process of being so affected (learned the events that have taken place on the edge of an individual, a community experience). **4** vtr. **1** have experience of or be affected by (an emotion etc.). **2** **experienced** adj. **1** having had much skill from acquaintance (an experienced pilot).



Where will your degree take you?

Cassandra has been around the world and back.

After graduating from Taber High School, Cassandra Conacher (BMgt '09) combined her passion for travel with a degree in international management at the University of Lethbridge. As part of the Faculty of Management, she took part in student exchanges to Argentina and Mexico, immersing herself in other cultures and exploring global issues.

These experiences ignited Cassandra's passion for immigration. Since graduating from the U of L in 2009, she's put her degree to work, providing support for Canadian immigrants, and

now owns her own business, Mosaic Canadian Immigration Consulting in Lethbridge.

The U of L Faculty of Management offers exchanges to more than 15 countries, as well as various work study, co-op, internship and volunteer opportunities around the world.

Where will your degree take you? Think big and have the confidence that your education will get you there.

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'LEARNING IS DOING'

MAKE A PLAN PRIOR TO MIDTERM STUDY

Midterms can be a stressful time for students. To cut down on stress levels and be well-prepared for them, students should begin preparing well before the test date.

"Ideally, studying starts Week 1," says Joanne Mills, the co-ordinator of counselling services at Mount Saint Vincent University in Halifax.

By studying on a regular basis, students won't have to cram when midterms arrive. That being said, students need to have proper study habits to succeed. Just reading (and re-reading) material isn't sufficient.

"In order to make a memory, you have to do something active with the material," says Alison Parry, a learning specialist with Capilano University in B.C.

She says some examples of this are by reading out loud, explaining what one is learning to somebody else, and drawing and labelling diagrams.

"Learning is doing," says Parry.

Part of that study process should involve re-writing notes and better organizing them because when professors lecture, students usually rush to write down what is being said, so the original notes are often not structured well. Better structured notes help make the information easier to remember and comprehend.

When students learn of a midterm approaching, they shouldn't dive into the books, but rather they should go over a type of checklist. Parry recommends students find out what topics the exam



ISTOCKPHOTO/THINKSTOCK

will include and make sure they aren't missing any relevant notes. They should then create a study plan.

Isabelle Abdul-Rahman, a counselling psychology intern at McGill University, recommends students' study plan be specific and have detailed strategies.

For example, these plans should say something like, "I'm going to read Chapter 1 of my economics textbook at the library between 2 p.m. and 3 p.m.," as opposed to saying something vague like, "Study for economics midterm."

The plan should be measurable so the student can see if the specific actions have been completed.



COLUMBIA COLLEGE PHOTO

CONNECT WITH COLUMBIA

There is no better way to connect with communities than to actually meet people within different communities.

Columbia College is hoping the Connecting with Communities course in the Human Services Professional Program will help bring communities together.

"It is exciting because it is a fast-paced class and you get to meet a lot of different people," says Felicity Foster, department chair, Human Services Professional Program.

"At the end of the course you will have a network."

Foster says the biggest challenge students face when they graduate is they don't know anyone in the industry and, therefore, it is more difficult to gain employment.

The purpose of this class is to start meeting people in the industry face-to-face.

"You now have a hook to talk to people. All of a sudden your resumé may go to the top of the pile," says Foster.

Over the course of the five-week class, students will listen to and meet anywhere from 28 to 44 speakers from different communities throughout the city.

The Human Services program offers students accelerated learning opportunities where they can receive the same number of hours of instruction in a six-month period as other students at other institutions cover in eight to 10 months.

Graduates of the Human Services Professional Program may go on to careers as education assistants, child and family youth counsellors, youth worker, or immigrant aid support worker, to name a few.

For more information about this training or other courses available at Columbia College, visit columbia.ab.ca.

— Candice Ward

SKILLS YOU NEED

ACADEMY OF LEARNING PROVIDES NEW PROGRAMS IN LINE WITH MARKET DEMANDS

When looking to get into a career field where the employees are in high demand, look no further than the Academy of Learning.

With its finger on the pulse of the labour market, Academy of Learning offers students opportunities to work towards careers where skilled employees are wanted.

"We're proud to continue to offer new programs that are in line with labour mar-

ket demands," says Brady Sylvester, admissions adviser for Academy of Learning.

"We do careful research for all of our diploma and certificate programs to ensure that they are providing our graduates with the skills employers are looking for."

Academy of Learning is now accepting applications for the Legal Administrative Assistant Diploma, and the Hotel & Tourism Diploma.

The Legal Administrative Assistant Diploma offers students the opportunity to work in a variety of specialties in the field of law, including corporate or commercial law, civil litigation, criminal law, or family law.

The Hotel & Tourism Diploma trains students towards careers in the vibrant hospitality industry, such as hotel managers, reservation clerks, and food and beverage managers.

Along with the Academy of Learning Diploma students will also write the American Hotel and Lodging Association Exams and will receive a Hospitality Management Diploma.

Both of these diplomas can be completed in less than a year.

With flexible hours it is no wonder why new students enrol every week.

Applications are now being accepted for these programs and are available for all forms of government financial assistance (for qualified applicants).

For more information, visit academyoflearning.com.

— Candice Ward



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CONTINUE TO ADD TO YOUR EDUCATION IT'S VITAL FOR VIBRANT WORKFORCE

A fast-changing and competitive work world means learning must be a lifelong commitment, but Canadians are falling behind the global pack.

Alan Middleton, the executive director at York University's Schulich Executive Education Centre, says continuing education is vital to a vibrant workforce and dynamic economy, but that Canada doesn't do a very good job of it.

"Canada's figures are miserable," he says.

Middleton cites Conference Board of Canada statistics showing that, in 2010, Canada ranked 25th out of 59 countries for commitment to continuing education. China just passed us and India is gaining quickly.

Experts say the lack of upgrading regular skills weakens Canada's ability to innovate.

"That's the really bad news," Middleton says.

Some, like doctors and lawyers, need to use their spare time to keep on top of new research and developments, while others must keep up competence as they work their way up a company.

Budd Hall is a professor in the

University of Victoria's school of public administration and a former secretary general of the International Council for Adult Education. He says professional development is a big component of continuing education, but so are personal passions.

"We live in a rapidly changing society. There's no way a formal school system can provide enough canned knowledge to last us more than four or five years," he says. "Some of the old jobs are disappearing, so people are having to retool ... while they're still employed."

A good plan is to take at least one course a year in your spare time to strengthen your current position or to prepare for a career move.

But it's not always about money. Hall says many continuing education students are older adults who study in their spare time to nurture a love of the arts or history. Retirement may prove to be the time to finish that novel and a course on writing could take you to the last chapter.

"A lot of people are interested in the history of their community, or having more green spaces in their community," he says, and head to class to learn more.

— Jon Tattrie

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Redefining Reality: Seeing is Disbelieving

January 24th, 2012 by Timothy McGettigan



EDITORIAL

Dr. Mike Sosteric, Dr. Timothy McGettigan

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DEFINING SOCIOLOGY

ATHABASCA PROF WANTS TO SHARE TOPIC WITH PUBLIC

Determined to break down the academic wall, one Athabasca University (AU) professor is set on delivering sociology to the masses, via the Internet.

Dr. Mike Sosteric, the man behind The Socjournal (Socjour) website, a new media journal of sociology and society, is hoping the site will become the go-to destination for all things sociology-related.

"We could define sociology here," says Sosteric, assistant professor of sociology in AU's Centre for Global and Social Analysis, Faculty of Humanity and Social Science.

"Here we can bring what we do to the public."

The website has been currently receiving about 200,000 hits per day and has received more than one million hits per month since its creation in 2010.

To Sosteric, the site is about connecting, communicating and engaging the public in the topic of sociology with no barriers and no jargon.

The Socjour provides blog space, regular columns, and academic reports designed to insight interest in sociology to those outside the discipline and within.

Sosteric created the site after becoming frustrated

with the conventional models of academic communication. "I felt it just created bulkheads between professors and the real world."

"This is a particular problem in sociology where there are no journals designed to raise awareness of sociological research and discussions."

Sosteric says the site was created for a number of reasons, including disciplinary accessibility as a vehicle for scholarship to quickly penetrate into the mainstream, a place for graduate students to hone their publishing skills, and for academic research.

Academics, graduate students, or professional sociologists are encouraged to contribute. Information on how to is on the website.

For more about The Socjour, go to sociology.org.

For more information about Athabasca University, visit athabascau.ca.

— With files from Athabasca University

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TEACH YOUR PASSION

The University of Lethbridge Faculty of Education encourages its students and alumni to combine their love of teaching with the other aspects of life that they are passionate about, just like former student Jim Kerr.

Kerr gave up playing hockey at the University of Lethbridge to focus on his studies, but since becoming a teacher, he has started a hockey program in his school to motivate his students.

"It's really renewed my love of the teaching profession," says Kerr.

Kerr has been teaching for 18 years and has found the new hockey development skills program for the grade 7 and 8 students at Gilbert Patterson Middle School in Lethbridge to be a great success.

"They're staying caught up with their work and we haven't had issues with their behaviour because they know it's all hinging on their participation in the program," says Kerr.

"In education today we want to



UNIVERSITY OF LETHBRIDGE PHOTO

keep kids motivated. We want to keep them in our schools."

The Faculty of Education at the University of Lethbridge offers a two-year after-degree program and a five-year combined-degree program including a major area of teaching, and the opportunity to develop a minor for undergraduates.

During the undergraduate program, students will take part in 27 weeks of practicum, offering some of the most extensive classroom experience in the country. Graduate studies are also available.

Applications for the undergraduate program are being accepted until May 1.

For more about the Faculty of Education at the University of Lethbridge, visit becomeateacher.ca.

— Candice Ward

FOLLOW THE BRIDGE TO A NEW CAREER

AT UNIVERSITY OF LETHBRIDGE

It can be an easy decision to go back to school, but it can actually be a difficult step to take.

For one University of Lethbridge CA Bridging student, trying to better her career was all the push she needed to take that big step.

"I chose CA Bridging because I decided that I was not satisfied with my first degree and subsequent career path," says Kelsey Yaremchuk, student of CA Bridging at the U of L in Edmonton. "I wanted a challenging yet stable career, and after much research decided on pursuing my chartered accountant designation."

CA Bridging is offered at the U of L Calgary and Edmonton campuses through the Faculty of Management and is designed for students who may already be working full time but looking to further their careers as chartered accountants.

This initiative also serves professionals considering changing careers, university graduates in fields other than

accounting, and new Canadians with international accounting credentials seeking Canadian credentials and experience.

Yaremchuk received her first degree from the University of Alberta in 2005 and was concerned about going back to school, but found the U of L to be a great fit for her.

Students can take as many courses as they need, which may range from four to 12 or more courses depending on their educational background, according to Johanna Markin, director, CA Bridging at the University of Lethbridge Calgary campus.

"CA Bridging benefits students interested in obtaining their chartered accountant designation but lack all of the prerequisite courses to enter CASB (CA School of Business)," says Markin.

Applications are being accepted for CA Bridging. Classes are offered every semester starting September, January, May and July, and are offered evenings and weekends.

For more information about the CA Bridging at the U of L Calgary campus, visit uleth.ca/calgary/ca-bridging.

— Candice Ward



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TUESDAY, FEBRUARY 14, 2012RRSP
GUIDE

Pros & Cons

Should you take out a loan to invest in an RRSP?

JANE
DOUCET
FOR METRO

Borrowing money to invest in an RRSP has many advantages.

Besides the immediate tax savings, it allows you to increase the amount you have to invest, take advantage of tax-sheltered compounding, boost your investment returns,

achieve your long-term financial goals faster and build a larger and more diversified retirement portfolio.

But how do you know if you should take out this type of loan? It's a good idea to borrow for an RRSP if you want to make a contribution now but don't have any money set aside, you want to take advantage

of your unused contribution room, or you are in a higher marginal tax bracket than you were last year.

RRSP loans have low interest rates, flexible repayment options of up to 10 years, deferred payments of up to 90 days and no early repayment penalty. That's all good news. But what about the downsides? "The biggest problem

with RRSP loans is that people don't put the tax savings back onto the loan," says Stephen Cox, a certified financial planner professional with Desjardins Financial Security Independent Network in Halifax.

"Instead, they'll use it to take a vacation or buy an expensive item they've been eyeing."

Another pitfall is that those who take out a long-term RRSP loan — say, over five to 10 years — get sick of making the payments.

"Most people take the longer-term loan intending to pay it back sooner, but few do," says Cox.

"It's a better idea to take out a loan for a smaller amount over a shorter pe-

riod of time, such as one or two years."

If you borrow for an RRSP and the market does well, then you are ahead of the game. But if it doesn't do well?

"You could possibly pay more in interest on the loan over time than what you saved in tax," says Cox. "It's unlikely, but possible."

CREATAS/THINKSTOCK



Women face special retirement circumstances

There are special considerations for women when it comes to retirement financial planning.

Several factors may impact their pension and savings, such as situations where women may leave the workforce to care for parents, children, or both.

Another reality is that women often live longer than men, and when paired with the fact that for

many married couples, the husband is older than the wife, this may add up to a longer time in retirement for women than men.

When you consider that data suggests post-retirement years have stretched to 20 years from 13, or 54 per cent longer, it's clear a proportionate increase in savings is needed to fund a longer retirement.

"While longevity is ex-

citing when thinking about additional years out of the workforce and more time with family and friends, it may be somewhat concerning when it comes to retirement savings," says Crystal Wong, senior regional manager, TD Waterhouse Financial Planning.

So what can women do to help ensure their retirement planning is on the

right track? Wong offers her suggestions:

- Ensure you have a written, comprehensive financial plan. A recent TD Waterhouse poll found that only 31 per cent of Canadian women have a financial plan.

- Consider working with a financial adviser to ensure your investments match your long-term goals such as retirement, estate plan-

ning and kids' education. ► Take an active interest in your family's finances.

"What's most important is feeling confident that your future is financially secure," adds Wong. "And by having a financial plan that includes a clear retirement savings plan and measures in case of the unexpected, you're in good shape."

NEWS CANADA

Different variables for entrepreneurs



JANE
DOUCET
FOR METRO

Creating a retirement savings plan can be more challenging for small business owners than for other people.

That's because entrepreneurs must consider multiple sources of retirement income, special tax considerations and succession issues when building a retirement plan.

Many entrepreneurs assume that their business

will fund a substantial portion of their retirement.

"While the equity in your business can be an important source of income, diversification is the best risk-management strategy," says Robert McCullagh, the owner of Benefit Planners Inc., a Calgary-based integrated financial planning firm, and the past chair of the board of directors of Advocis, The Financial Advisors Association of Canada.

In McCullagh's experi-

Other sources

▶ A business owner's retirement income is likely to come from other sources, including both registered and non-registered investments. An RRSP remains

ence, entrepreneurs typically have an overstated value in mind of what their business is worth, both current and long term.

"Most assume that when they sell their busi-

ness, it will be viable, relevant, debt free and cash positive," he says. But many variables can impact the projections of its worth. For example, what if you plan to sell

your business in 10 years, but become stricken with a fatal illness at the three-year mark, meaning you are forced to sell significantly sooner?

"You can't assume that you'll stay healthy until you retire," says McCullagh.

Or what if in your final years of operation you become entangled in a lawsuit, either as the plaintiff or the defendant? And what if the economic marketplace changes quickly,

causing your business to become devalued?

Other issues to consider are whether the buyer will be paying for a client list or purchasing shares in a corporation. Then there's the matter of the payout. Will it be all out front, or distributed over time?

"A business is an excellent way to augment a well-planned retirement program, but it has its pitfalls," says McCullagh.

"You don't want to depend solely on it."

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Divorce and the division of RRSPs

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Regrettably, divorce is becoming an all too commonplace event in Canadian society.

Statistics Canada reports that more than 100,000 individuals a year go through divorce and 43 per cent of marriages are expected to end in divorce before they reach their 50th anniversary.

A similarly sad reality accompanying the divorce rate is that few Canadians appreciate the impact divorce can have on their fi-

nances and planning for retirement, a BMO Financial Group study has found.

The study showed that married adults who became divorced or widowed between the ages of 67 and 80 were projected to have the largest decrease in wealth and the largest increase in poverty, experiencing a decline in median income of as much as 37 per cent.

"Divorce is a big change in life, and as in all big life changes, people need to talk to a qualified financial planner to see what the implications are before making any decisions," advises Sara Kinnear, director of advanced financial planning with Investors Group.

"Whereas before the divorce you might have been planning for retirement together, now you may be on your own, solely responsible for making



GOODSHOOT/THINKSTOCK

sure you have enough income to retire on," Kinnear says.

Financial experts recommend that before you divide up your assets, find out what the tax implications are.

You may find that you can achieve what you want while avoiding or minimizing taxes.

One of the most common questions Kinnear gets from clients going through divorce is about RRSPs.

In case of separation or divorce, either you or your spouse can transfer existing RRSPs to the other without being subject to tax, provided you are living apart when property

and assets are settled and provided you have a written separation agreement or a court order.

A couple's RRSPs often are split between partners during a divorce, but a lot of what happens will depend on the terms of the settlement.

Attribution rules (tax rules to prevent excess income splitting) regarding spousal RRSP and RRIF (registered retirement income fund) withdrawals will not apply to any withdrawals made after you and your spouse have begun to live separately and apart as a result of a breakdown in the relationship.

While income tax rules apply equally to common-law partners and married partners, rules about family property typically don't apply to common-law partners, although they do in some jurisdictions, Kinnear notes.

Jackie Read, a financial

adviser with Edward Jones, believes many women come out of divorce more financially-challenged than men because they have not been as involved in financial matters as their spouses.

"A lot of divorcees may not even have a budget and may never have handled money or investments or paid the bills because their husbands did all that," Read says.

Read suggests people coming out of a divorce set up a budget, review all expenses and start to build their own retirement plan, which should include contributing to an RRSP.

THE CANADIAN PRESS
TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

Saving for the future is a balancing act

It's hard to find a balance between keeping money in your wallet now, leading the lifestyle you enjoy, and also saving for the future.

There are many considerations when determining the savings plan that's right for you: One option is a retirement savings plan (RSP). The deadline for making RSP contributions for the 2011 tax year is Feb. 29.

Other options for working towards a financially-secure future include: Paying down your debt or mortgage, contributing to a tax-free savings account (TFSA), a registered education savings plan (RESP) for your children's education, or other investments.

"RSPs are a great way to start saving for your retirement," says Kathryn Del Greco, vice-president, investment adviser, TD Waterhouse Private Investment Advice.

"However, ensure that you carefully weigh all the alternatives and find the right mix of investments

Reaching your goals

The Feb. 29 RRSP deadline is fast approaching. Some tips to help you reach your retirement goals:

Start early. The longer you are invested, the more your money will grow over time through contributions and investment earnings.

Diversify. "A balanced mutual fund is ideal for an RRSP," said Don Reed, president and CEO of Franklin Templeton In-

vestments Corp.

"Investors capture the upside of stocks with the security of bonds."

Tax efficiency. RRSP contributions are deducted from your income, resulting in a potentially significant tax deferral.

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NEWS CANADA

tools that will help you achieve your short-, medium- and long-term goals."

Here are some tips to help you get started — or help with your current investments:

- ▶ Evaluate your investment portfolio regularly.
- ▶ Make sure you have a plan. Know what your goals are and determine what financial steps are needed to get there.
- ▶ If short of funds, consid-

er a loan for your RSP contributions. The tax-deferred compound growth on your investments could potentially outweigh the interest costs.

- ▶ Contribute regularly.
- ▶ Be mindful of the limits. Review your notice of assessment statement provided by the Canada Revenue Agency to check the maximum you can contribute to your RSP.

NEWS CANADA

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Using an RRSP to invest in a business



JANE
DOUCET
FOR METRO

If you are wondering whether it's possible to use your RRSP to invest in a Canadian-controlled private corporation (CCPC), the short answer is yes — but there are plenty of restrictions to consider on who qualifies.

"There are a lot of details to consider for the worthiness of using cash within your RRSP to buy the shares of a privately

held company," says Teresa Black Hughes, a certified financial planner at Rogers Group Financial in Vancouver. "In the end, it may be more of a headache than it's worth."

If you, together with anyone related to you, own 10 per cent or more of the shares of the CCPC, the investment may not be a qualifying RRSP asset.

If you deal at arm's length with the CCPC and the cost of the shares you hold in the CCPC or a relat-

ed corporation is less than \$25,000, you can invest your RRSP in shares of the company.

If you own less than 10 per cent of the shares, there are generally no restrictions on the amount you can invest.

In determining the amount and cost of the shares that you own, you have to consider shares owned by individuals related to you, both inside and outside their RRSPs. Also, all of almost all of the com-

pany's assets must be business assets at the time the shares are purchased by your RRSP.

If as a contributing member to the company you plan to develop the value of the company with a direct effect on the shares, the future taxable sum for redemption might be more onerous than having grown the value outside of an RRSP, where the potential sale of shares will only be partially taxable due to capi-

tal gains treatment.

"In addition, any distributions flowed out of the shares can be treated more favourably with the dividend tax credit," says Black Hughes.

If all of that sounds too confusing and complicated, there's another more straightforward option.

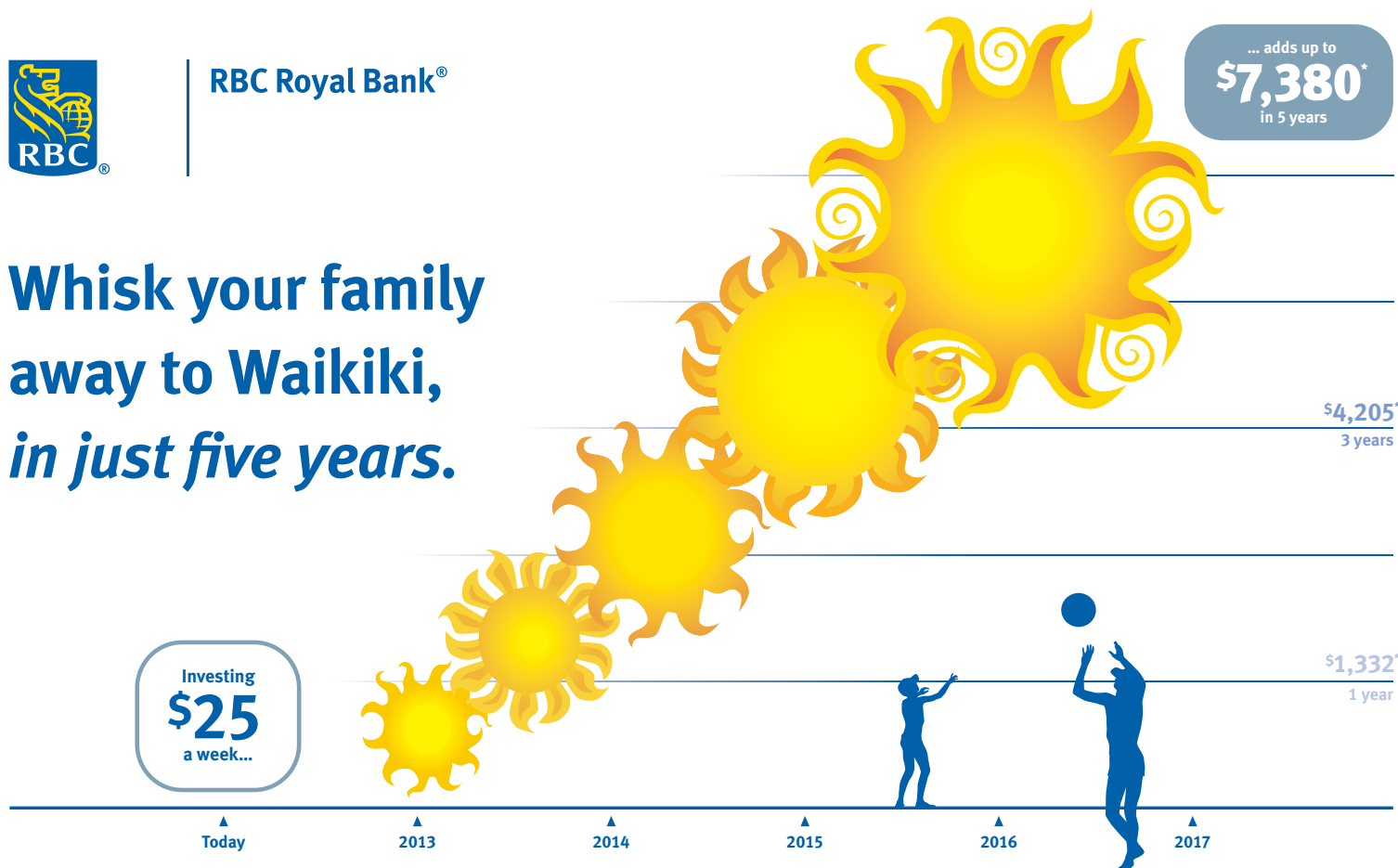
"Borrowing money to invest in a business is tax deductible," says Black Hughes. "It's a much cleaner way to invest and repay in the future."

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Savings are meant for your retirement



Experts weigh in about whether removing money from your RRSP early is ever the right move. The whole purpose of RRSPs is to have tax-free growth up until the age of 71, explains David Gillan, vice-president of T.E. Wealth.

But financial difficulty such as a bankruptcy or a terminal illness may cause you to look at pulling money out of your RRSPs.

There are costs for early withdrawal including a withholding tax of 10 to 15 per cent. Plus, the amount is added to your income so it may create more tax. Also, when money is deregistered it is not allowed to be put back in.

Two government programs — the Home Buyers' Plan and the Lifelong Learning Plan — allow you to withdraw money from your RRSP and not pay interest on the money or pay withdrawal fees. But you have to

Need money now?

The tax-free savings account is a flexible, tax-sheltered savings opportunity that provides another vehicle to save money tax free. But it's also another bucket that if people need money for some of these contingen-

pay the money back.

Bev Moir, senior wealth adviser at Scotia McLeod, encourages people not to

take money out of their RRSP for any reason. "An RRSP is there for long-term retirement sav-

ings, and I think that you should try to protect that goal as much as possible."

Richard McKenster, past chair of the Institute for Advanced Financial Education and a spokesperson for Advocis, Halifax, adds that a good financial plan should include insurance in case of critical illness.

On the other hand, there may be an opportunity to grow your money differently. "If you have money in an RRSP and you're buying your first home, that's an

opportunity," says McKenster. "If you've lost your job, you might look at temporarily drawing some income from the RRSPs. Or maybe there's an opportunity to invest in a business that could provide a better return."

Today, there is value in looking depending on the situation and your risk profile, says McKenster. But be sure to have a financial planner help determine the best and most tax-effective withdrawal.

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Central to the playoff debate

► Division foes Detroit, St. Louis, Nashville and Chicago fill four of West's post-season spots

Detroit has the Western Conference standings in the dressing room where none of the Red Wings can miss the nightly updates.

The way the Central Division teams are playing this season, the standings change daily and almost hourly. They bear close watching because the team that wins the division may very well wind up as the Western Conference's top seed come playoff time.

Red Wings general manager Ken Holland says the Central might be the best in the NHL with four of the West's top six teams and four of the league's best 12.

"We play Nashville three more times, Chicago three more times and St. Louis once more," Holland said. "Ultimately, the record in those games — which are really four-point games — will go a long way toward determining the final standings. I think it's great that we're all pushing each other. It's a great race that adds a lot of intrigue to the last 25 games or so of the regular season."

Through Monday's games, Detroit sits atop the West with 78 points followed closely with St. Louis, Nashville and Chicago at Nos. 4, 5 and 6 separated by 10 points.

Nashville coach Barry Trotz said the division has been a blessing by forcing the Predators to play at a high level to chase Detroit and St. Louis after the Blues started winning with new coach Ken Hitchcock.

"I talk to Ken Hitchcock



► Red Wings captain Nicklas Lidstrom salutes the crowd during his 1,550th career game on Sunday against Philadelphia in Detroit. The 4-3 win over the Flyers was the Wings' 20th straight home victory, which tied an NHL record.



"I think all the teams in the Central Division are capable of doing some big-time damage. You've just got to be good in your division and so far we have."

PREDATORS HEAD COACH BARRY TROTZ

quite a bit as a friend and text Babs once in a while," Trotz said of Detroit coach Mike Babcock. "We roll our eyes. He says, 'We're winning every game, we can't pull away from anybody.' That's what it is. It's great."

The Predators have the best record within the division at 12-2-2 and will be tested starting Tuesday night when they host Chicago before travelling

to Detroit on Friday night.

The chase means scrapping for every single point.

Trotz said he expected St. Louis to be a good team this season and credits his friend Hitchcock with simplifying the Blues' approach.

The Blues are almost as good at home as Detroit, going 24-3-4. But they are 0-4-0 against Nashville this season, including a 3-1 loss

on Feb. 4. Trotz credits goalie Pekka Rinne with stealing two of those wins. Hitchcock has his own theory.

"You're not going to beat Nashville in Nashville on Saturday night. This is like the Coliseum in Rome coming into this place on Saturday night," Hitchcock said.

Then there's Chicago, a team that stood atop the

West on Jan. 18 with 62 points. The Blackhawks lost their eighth straight on Saturday night 3-0 at Phoenix for their longest skid since 2007-08, and they haven't won since Jan. 20 when they beat Florida.

"No one's running away from it," Chicago forward Jonathan Toews said. "We're looking each other in the eye and we're expecting every single guy to be better and pick up the slack and that's what we've got to do. We can't hide from these problems. We have to face them and deal with them."

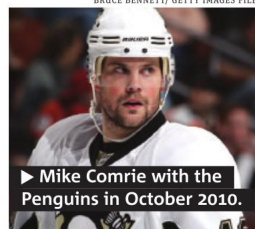
THE ASSOCIATED PRESS

Injuries force Comrie to retire

A third hip surgery in five years was too much for Mike Comrie to overcome.

The 31-year-old centre announced his retirement from the NHL on Monday, two weeks after undergoing a hip resurfacing procedure.

Comrie played 589 NHL regular-season games with the Edmonton Oilers, Philadelphia Flyers, Phoenix Coyotes, Ottawa Senators, New York Islanders and Pittsburgh Pen-



► Mike Comrie with the Penguins in October 2010.

guins, collecting 168 goals and 197 assists. He also had 10 points (4-6) in 32 career playoff games.

"My career has afforded

me a series of phenomenal opportunities to play and become friends with some of the greatest people I have ever known and some of the greatest players who have ever played this game," Comrie said in a statement released by his agent. "To have made the lasting friendships I enjoy today with so many of my former teammates is something that will stay with me for the rest of my life."

THE CANADIAN PRESS

Sports in brief

Ortiz strikes deal with Sox

MLB. David Ortiz and the Boston Red Sox avoided salary arbitration by agreeing Monday to a one-year contract worth more than \$14.5 million US.

The deal was midway between the \$16.5 million he asked for last month and the \$12.65 million submitted by Boston,

which matched his 2011 salary. THE ASSOCIATED PRESS

Flyers' Rinaldo gets 2-game ban

NHL. Philadelphia forward Zac Rinaldo was suspended by the NHL for two games on Monday for charging Detroit Red Wings defenceman Jonathan Ericsson. Rinaldo jumped into a body check that sent Ericsson to the ice in Detroit's 4-3 win over the Flyers on Sunday. THE CANADIAN PRESS

4

sports

Flames preview

Toronto
at Calgary
7 p.m.
TV: SNET



The Flames (26-22-8) host the Leafs (28-22-6), who have lost three games in a row. Jonas Gustavsson is likely to start for Toronto after James Reimer allowed four goals on 15 shots in two periods against Montreal on Saturday. Mikka Kiprusoff stopped 29 shots in Saturday's 3-2 shootout win over Vancouver and has a 1.92 goals-against average through four starts this month. Tyler Bozak has seven points in his last five games playing between Phil Kessel and Joffrey Lupul. Mikael Backlund (shoulder) is the latest Flames player to join the injured list.

THE CANADIAN PRESS



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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	54	36	13	1	4	153	110	77	18-6-0-2	18-7-1-2	7-2-0-1	W3
d-Boston	53	34	17	1	1	184	120	70	18-9-1-0	16-8-0-0	5-4-1-0	W1
d-Florida	55	27	17	5	6	141	152	65	14-5-1-6	13-12-4-0	6-3-0-1	W3
Pittsburgh	56	32	19	2	3	175	148	69	17-7-2-0	15-12-0-3	7-2-0-1	W2
Philadelphia	56	31	18	2	5	182	169	69	13-9-1-4	18-9-1-1	3-4-0-3	L2
New Jersey	55	31	20	1	3	154	155	66	15-10-0-3	16-10-1-0	5-3-0-2	L2
Ottawa	58	28	22	6	2	169	181	64	15-11-2-1	13-11-4-1	2-6-2-0	L1
Toronto	56	28	22	3	3	171	166	62	16-9-2-2	12-13-1-1	5-4-0-1	L3
Washington	56	28	23	2	3	156	160	61	19-8-0-2	9-15-2-1	3-4-2-1	L3
Winnipeg	57	26	25	3	3	139	161	58	16-8-0-2	10-17-3-1	4-5-0-1	L1
Montreal	57	23	25	2	7	152	154	55	11-12-2-5	12-13-0-2	6-4-0-0	L1
Tampa Bay	55	24	25	3	3	155	185	54	15-8-1-1	9-17-2-2	6-2-2-0	L1
Buffalo	55	24	25	3	3	136	158	54	13-10-3-3	11-15-0-0	5-4-0-1	L1
NY Islanders	55	23	24	5	3	131	159	54	12-13-5-0	11-11-1-2	5-3-1-1	L1
Carolina	57	21	25	7	4	147	175	53	14-12-0-3	7-13-7-1	5-1-3-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	57	38	17	1	1	182	135	78	23-2-1-0	15-15-0-1	7-2-0-1	W3
d-Vancouver	54	34	15	0	6	178	138	74	15-6-0-4	19-9-0-2	6-1-0-3	W3
d-San Jose	55	31	17	3	0	183	130	68	18-2-0-0	13-8-1-3	5-4-0-1	W1
St. Louis	55	34	14	1	6	139	111	75	24-3-1-3	10-11-0-3	7-2-0-1	W4
Nashville	56	32	18	3	3	158	148	70	17-7-2-2	15-11-1-1	6-2-0-2	L3
Chicago	56	29	20	4	3	174	171	65	19-6-1-3	10-14-3-0	2-7-1-0	L8
Los Angeles	57	27	19	5	6	124	124	65	15-11-0-4	12-8-5-2	4-4-1-1	W1
Phoenix	56	27	21	3	5	148	144	62	14-10-2-2	13-11-1-3	6-3-0-1	W5
Calgary	56	26	22	4	4	134	151	60	15-8-1-1	11-14-3-3	5-2-1-2	W1
Colorado	57	28	25	3	1	146	159	60	16-13-0-1	12-12-3-0	4-4-1-1	L2
Dallas	55	28	20	4	3	145	157	59	15-11-0-2	13-13-0-1	4-5-0-1	L1
Minnesota	55	25	22	2	6	125	144	58	13-9-1-2	12-13-1-4	3-6-0-1	L4
Anaheim	55	22	24	4	5	144	163	53	15-13-2-0	7-11-2-5	6-2-1-1	W1
Edmonton	55	22	28	1	4	147	165	49	15-8-1-2	7-20-0-2	5-4-0-1	W1
Columbus	56	16	34	1	5	131	185	38	9-15-1-2	7-19-0-3	3-6-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Carolina 5 Montreal 3
San Jose 5 Washington 3
Phoenix at Vancouver
Sunday's results
Florida 4 Islanders 1
N.Y. Rangers 3 Washington 2
Anaheim 5 Columbus 3
Los Angeles 4 Dallas 2
St. Louis 3 San Jose 0
Pittsburgh 4 Tampa Bay 2
Detroit 4 Philadelphia 3
Tonight's games
All Times Eastern
N.Y. Rangers at Boston, 7 p.m.
New Jersey at Buffalo, 7 p.m.
St. Louis at Columbus, 7 p.m.
Ottawa at Tampa Bay, 7 p.m.
Dallas at Detroit, 7:30 p.m.
Anaheim at Minnesota, 7:30 p.m.
Chicago at Nashville, 8 p.m.
N.Y. Islanders at Winnipeg, 8:30 p.m.
Toronto at Calgary, 9 p.m.

Tomorrow's games

Anaheim at Pittsburgh, 7 p.m.
Boston at Montreal, 7:30 p.m.
Ottawa at Florida, 7:30 p.m.
Toronto at Edmonton, 10 p.m.
Colorado at Vancouver, 10 p.m.
Thursday's games
Chicago at N.Y. Rangers, 7 p.m.
Buffalo at Philadelphia, 7 p.m.
San Jose at Tampa Bay, 7:30 p.m.
N.Y. Islanders at St. Louis, 8 p.m.
Winnipeg at Minnesota, 8 p.m.
Calgary at Dallas, 8:30 p.m.
Phoenix at Los Angeles, 10:30 p.m.

HURRICANES 5, CANADIENS 3

First Period

1. Carolina, Tlusty 13 (Allen) 3:09

Penalties — Bourque Mtl (high-sticking) 10:49, Emelin Mtl (tripping) 13:33.

Second Period

2. Carolina, Spacsek 2 (Skinner, Jokinen) 9:41 (pp)

3. Montreal, Plekanec 12 (Campoli, Darche) 11:53

4. Montreal, Cole 21 (Desharnais, Kaberle) 15:57 (pp)

5. Montreal, Desharnais 11 (Subban, Pacioretty) 17:53 (pp)

Penalties — Staal Car (check to the head) 3:47, Subban Mtl (holding) 3:59, Skinner Car, Desharnais Mtl (unsportsmanlike conduct) 6:45, Diaz Mtl (tripping) 8:03, Skinner Car (high-sticking) 15:03, Harrison Car (cross-checking) 16:36.

Third Period

6. Carolina, Staal 15, 3:15 (sh)

7. Carolina, McBain 5 (Staal, Falk) 8:50 (pp)

8. Carolina, Staal 16 (McBain) 19:24 (en)

Penalties — Allen Car (hooking) 3:09, Campoli Mtl (slashing) 8:11, Samson (tripping) 14:46, Allen Car (roughing) 18:08, Bourque Mtl (roughing) 18:08.

Shots

Carolina 16 8 11 35

Montreal 6 12 14 32

Goal — Carolina: Ward (W, 21-18-10); Montreal: Price (L, 21-20-8). **Power plays (goals-chances)** — Carolina: 2-5; Montreal: 2-5.

Referees — Gord Dwyer, Eric Furlatt. **Linesmen** — Pierre Racicot, Tony Sericolo.

Attendance — 21,273 (21,273) at Montreal.

NCAA BASKETBALL

AP MEN'S TOP 25 POLL

Through Feb. 12

	Record	Pts	Prv
1. Kentucky (63)	25-1	1,623	1
2. Syracuse (2)	25-1	1,559	2
3. Missouri	23-2	1,498	4
4. Kansas	20-5	1,356	7
5. Duke	21-4	1,336	10
6. Ohio St.	21-4	1,284	3
7. Michigan St.	20-5	1,283	11
8. North Carolina	21-4	1,227	5
9. Baylor	21-4	1,064	6
10. Georgetown	19-5	983	12
11. UNLV	22-4	976	14
12. Marquette	21-5	810	18
13. San Diego St.	20-4	688	13
14. Florida	19-6	675	8
15. Wisconsin	19-6	635	21
16. Murray St.	24-1	600	9
17. Michigan	19-7	562	22
18. Indiana	19-6	430	23
19. Louisville	20-5	421	24
20. Florida St.	17-7	406	15
21. Saint Mary's (Cal)	23-3	377	16
22. Virginia	19-5	337	19
23. Notre Dame	17-8	231	—
24. Gonzaga	20-4	221	—
24. Wichita St.	22-4	221	—

Others receiving votes: Temple 122, Mississippi St. 108, Creighton 20, BYU 12, Long Beach St. 12, New Mexico 12, Iowa St. 10, Southern Miss. 7, Harvard 6, Saint Louis 5, California 3, VCU 2, Vanderbilt 2, Memphis 1.

Ballots Online: <http://tinyurl.com/43u6jrf>

Last night's results

No. 2 Syracuse 52 No. 19 Louisville 51

No. 9 Baylor 79 blow State 64

No. 4 Kansas 59 Kansas State 53

Tonight's games

All Times Eastern

No. 6 Ohio State at Minnesota, 9 p.m.

No. 11 UNLV at TCU, 7:30 p.m.

No. 14 Florida at Alabama, 7 p.m.

No. 22 Virginia at Clemson, 7 p.m.

Tomorrow's games

No. 3 Missouri vs. Oklahoma State, 9 p.m.

No. 8 North Carolina at Miami, 8 p.m.

No. 13 San Diego State vs. New Mexico, 10 p.m.

No. 16 Murray St. at Southeast Missouri St., 8 p.m.

No. 18 Indiana vs. Northwestern, 6:30 p.m.

No. 21 Saint Mary's (Cal) vs. Loyola Marymount, 10:30 p.m.

No. 23 Notre Dame vs. Rutgers, 7 p.m.

No. 24 Wichita State vs. Missouri State, 8:05 p.m.

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	5	3	2	.600	61	56	—
Philadelphia	5	3	2	.600	55	69	—
Buffalo	6	2	4	.333	70	76	1½
Rochester	6	1	5	.167	73	76	2½

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Colorado	5	5	0	1.000	71	56	—
Minnesota	5	4	1	.800	68	62	1
Calgary	5	3	2	.600	62	57	2
Edmonton	4	1	3	.250	44	39	3½
Washington	5	1	4	.200	46	61	4

WEEK SIX

Sunday's results

Minnesota 9 Rochester 6

Philadelphia 14 Buffalo 13

WEEK SEVEN

Saturday, Feb. 18

All Times Eastern

Philadelphia at Toronto, 7 p.m.

Washington at Rochester, 7:30 p.m.

Colorado at Minnesota, 8 p.m.

Edmonton at Calgary, 9 p.m.

TENNIS

WTA QATAR TOTAL OPEN

At Doha, Qatar

Singles — First Round

Ksenia Pervak, Kazakhstan, def. Anastasia Pavlyuchenkova (10), Russia, 1-6, 6-2, 6-3.
Peng Shuai (12), China, def. Fatma Al Nabhani, Oman, 6-0, 7-5.
Ana Ivanovic (13), Serbia, def. Carla Suarez Navarro, Spain, 6-1, 4-1 (retired).
Svetlana Kuznetsova (14), Russia, def. Maria Jose Martinez Sanchez, Spain, 7-5, 6-3.
Varvara Lepchenko, U.S., def. **Aleksandra Wozniak, Blainville, Que.**, 6-3, 6-3.

Kateryna Bondarenko, Ukraine, def. Vera Dushkevina, Russia, 7-5, 6-2.
Anne Keothavong, Britain, def. Tamira Paszek, Austria, 7-6 (4), 7-6 (5).

Shahar Peer, Israel, def. Nadia Lalami, Morocco, 6-0, 6-0.
Mona Barthel, Germany, def. Caroline Garcia, France, 7-6 (6), 7-6 (4).

Christina McHale, U.S., def. Chanelle Scheepers, South Africa, 6-4, 6-3.
Tsvetana Pironkova, Bulgaria, def. Polona Hercog, Slovakia, 6-0, 6-4.

Monica Niculescu, Romania, def. Elena Vesnina, Russia, 6-1, 6-0.

Doubles — First Round

Julia Goerges, Germany, and Zheng Jie (7), China, def. Fatma Al Nabhani, Omar, and Ons Jabeur, Tunisia, 6-3, 6-1.

Anabel Medina Garrigues, Spain, and Anastasia Pavlyuchenkova, Russia, def. Sorana Cirstea, Romania, and Anne Keothavong, Britain, 2-6, 6-2, 10-2 (tiebreak).

Andreja Klepac, Slovenia, and Alicia Rosolska, Poland, def. Bojana Jovanovski, Serbia, and Nadia Lalami, Morocco, 6-3, 6-1.

Vera Dushkevina, Russia, and Shahar Peer, Israel, def. Flavia Pennetta and Francesca Schiavone, Italy, 6-2, 5-7, 10-7 (tiebreak).

ATP ABN AMRO WORLD TOURNAMENT At Rotterdam, Netherlands

Singles — First Round

Paul-Henri Mathieu, France, def. Feliciano Lopez (4), Spain, 4-6, 7-6 (5), 6-4.
Richard Gasquet (5), France, def. Flavio Cipolla, Italy, 6-3, 1-6, 6-1.

Lukasz Kubot, Poland, def. Alexandr Dolgoplov (6), Ukraine, 6-7 (4), 6-4, 6-2.
Jesse Huta Galung, Netherlands, def. Ivan Ljubicic, Croatia, 7-6 (6), 6-3.

WTA COPA BBVA COLSANITAS At Bogota, Colombia

Singles — First Round

Valeria Savinykh, Russia, def. Mathilde Johansson (6), France, 7-6 (2), 3-6, 7-5.
Lara Arruabarrena-Vecino, Spain, def. Patricia Mayr-Achleitner (8), Austria, 6-1, 3-6, 7-6 (3).

Mariana Duque-Marino, Colombia, def. Tetiana Luzhanska, U.S., 3-6, 6-4, 7-5.
Petra Rampre, Slovenia, def. Karen Castiblanco, Colombia, 6-3, 6-4.

Doubles — First Round

Catalina Castano and Mariana Duque-Marino, Colombia, def. Sharon Fichman, Toronto, and Sun Sheng-Nan (2), China, 6-2, 6-4.

Edina Gallovits-Hall, Romania, and Karin Knapp, Italy, def. Tetiana Luzhanska, U.S., and Kathrin Woerle (3), Germany, 7-6 (10), 2-6, 10-4 (tiebreak).

Lourdes Dominguez Lino, Spain, and Romina Oprandi, Switzerland, def. Maria Fernanda Alves, Brazil, and Julia Cohen, U.S., 6-1, 6-0.

SOCCER

ITALY

SERIE A

Team	GP	W	D	L	GF	GA	Pts
AC Milan	23	14	5	4	45	20	47
Juventus	21	12	9	0	33	13	45
Lazio	23	12	6	5	37	24	42
Udinese	23	12	5	6	34	21	41
Inter Milan	23	11	3	9	34	30	36
Roma	23	10	5	8	36	27	35
Napoli	23	8	10	5	38	24	34
Palermo	23	9	4	10	33	34	31
Cagliari	23	7	9	7	22	24	30
Genoa	22	9	3	10	31	42	30
Florentina	21	7	7	7	23	19	28
Catania	21	6	9	6	27	24	27
Parma	21	5	9	7	24	34	27
Chievo Verona	23	7	6	10	30	37	27
x-Atalanta	22	7	9	6	25	27	27
Siena	22	5	8	9	22	22	23
Bologna	21	5	7	9	18	26	22
Lecce	23	4	6	13	22	38	18
Cesena	22	4	4	14	15	34	16
Novara	23	3	7	13	19	42	16

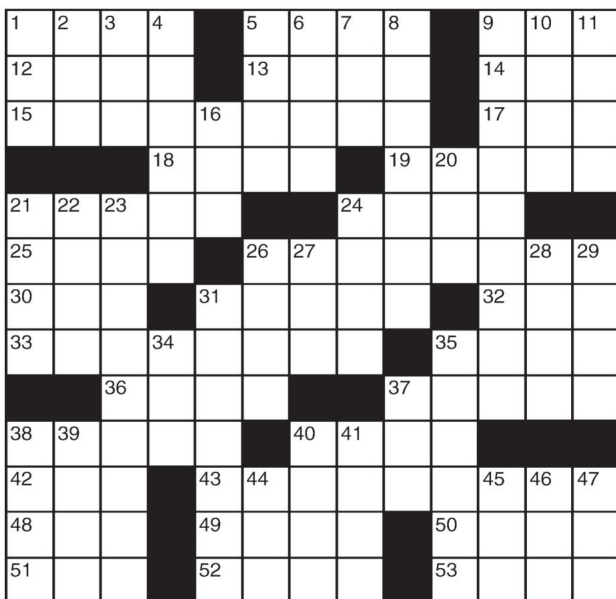
Crossword

Across

- 1 Mexican peninsula
5 Mussolini's title
9 Scoundrel
12 Culture medium
13 Composer Khachaturian
14 Past
15 Tea party guest
17 Regret
18 Corridor
19 Indy 500 entrant
21 Sorts
24 Conk on the noggin
25 Frost
26 Guaranteed to work
30 Bobby of hockey fame
31 Technophiles' magazine
32 Blue
33 Comfy chair
35 Existed
36 Female red deer
37 Pyromaniac's crime
38 Packing heat
40 Sagacious
42 Spelling contest
43 Some "USA Today" illustrations
48 Crib
49 Sheltered
50 Grand
51 Pismire
52 Pentagon VIPs
53 Barrel part

Down

- 1 Emeril's interjection
2 — Khan
3 It holds the mayo
4 William Tell, no-



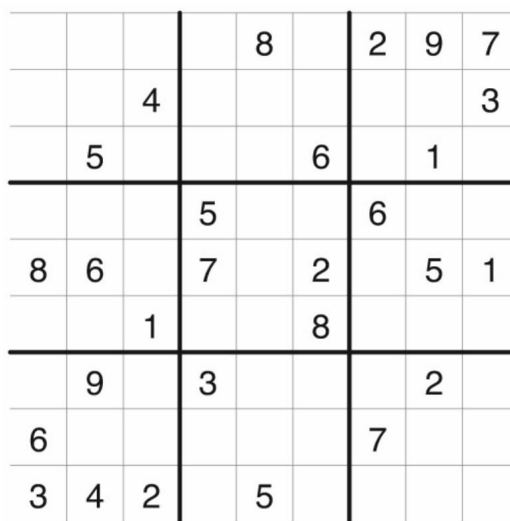
- ably
5 Willy Wonka's creator
6 Caspian feeder
7 Automobile
8 May birthstone
9 Movie action scenes, often
10 Chills and fever
11 Active one
16 Owns
20 Donkey
21 Explorer Heyerdahl
22 Bygone times
23 Old paper
24 Coffin stand
26 Locate
27 100 square meters
28 Gambling game
29 Paradise
31 Talkative one
34 Falsehood
35 Christmas door decoration
37 Blond shade
38 "Waterloo" quartet
39 Check
40 Small songbird
41 Chills
44 Hearty quaff
45 Pi follower
46 Overly

47 Dine

Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer

4	1	8	6	2	3	5	9	7
6	5	2	1	7	9	4	3	8
9	7	3	8	4	5	1	2	6
3	4	6	9	1	2	7	8	5
2	8	5	7	6	4	3	1	9
7	9	1	5	3	8	2	6	4
8	2	9	3	5	7	6	4	1
5	6	4	2	8	1	9	7	3
1	3	7	4	9	6	8	5	2

A look at the weather

TUESDAY	WEDNESDAY	THURSDAY
Min -10° Max 1°	Min -8° Max 6°	Min -9° Max 4°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 5:30AM



Today's horoscope

♈ Aries March 21-April 20

It's not that you've lost your edge, it's just that you can't be bothered to argue about trivialities.

♉ Taurus April 21-May 21

Try not to identify too strongly with one particular point of view today.

♊ Gemini May 22-June 21

Someone who has not put nearly as much time and effort into a project will get most of the praise today and, of course, you won't be happy about it.

♋ Cancer June 22-July 22 You may be the centre of attention but don't let it turn your head.

♌ Leo July 23-Aug. 23

You have done so many favours for so many people that you have probably lost track of them all, but they have not forgotten and over the next few days others will find ways to repay you.

♍ Virgo Aug. 24-Sept. 22

Be careful others don't take advantage of your laidback attitude today. You'll care if it costs you money.

♎ Libra Sept. 23-Oct. 23

Something is confusing you and the more you try to make sense of it the less you understand.

♏ Scorpio Oct. 24-Nov. 22

If you don't know the answer to something then ask someone who

For today's crossword answers and for expanded horoscopes, go to metronews.ca does.

♐ Sagittarius Nov. 23-Dec. 21

Take your time today and try to avoid situations where you don't have full control over what is going on around you.

♑ Capricorn Dec. 22-Jan. 20

The more you reach out the more love you'll let in.

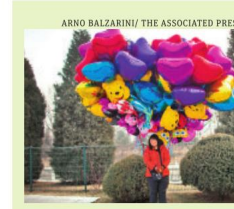
♒ Aquarius Jan. 21-Feb. 18

Focus on your long-term goals and don't allow yourself to be distracted by passing fancies.

♓ Pisces Feb. 19-March 20 Even if you are the kind of Pisces who tends to hold grudges you will be very forgiving today.

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Caption contest



You write it!

WIN! Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

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WELC